

# Group Fitness



## Mo

08.30 > 09.15 Kinesis Move	Lazi
09.00 > 09.55 BodyElementals	Denise
09.30 > 10.15 Kinesis Shape	Lazi
10.00 > 10.55 ESE Cycling	Markus
12.00 > 12.45 Kinesis Shape	Uschi
18.30 > 19.25 CorePower	Alexandra
18.30 > 19.15 Kinesis Move	Andrea
19.45 > 20.40 ESE Cycling	Andrea

## Di

08.20 > 09.05 Kinesis Move	Alexandra
09.00 > 09.45 WomenCircle	Andi
09.15 > 10.10 Yoga	Angela
14.30 > 15.30 Kinderturnen	Daniele
18.15 > 19.10 ESE Cycling	Markus
19.30 > 20.00 TRX BodyBlast	Lazi

## Mi

08.30 > 09.15 Kinesis Shape	Lazi
09.00 > 09.55 BodyWork	Karo
09.30 > 10.15 Kinesis Power	Alexandra
10.15 > 11.00 ESE Cycling	Karo
12.00 > 12.45 Kinesis Move	Andrea
17.30 > 18.25 Yoga	Angela
18.30 > 19.15 Kinesis Move	Andrea
18.30 > 19.25 Wo&MenCircle	Nici

## Do

09.00 > 09.45 Kinesis Power	Nici
09.00 > 09.30 TRX Circuit	Denise
09.35 > 10.05 TRX BodyBlast	Denise
10.00 > 10.45 Kinesis Shape	Nici
18.30 > 19.25 BodyWork	Nici

## Fr

09.00 > 09.55 CorePower	Alexandra
10.30 > 11.15 Kinesis Shape	Lazi
12.00 > 12.45 Kinesis Move	Lazi
12.15 > 12.45 TRX BodyBlast	Andi / Szabi
17.15 > 18.00 Kinesis Shape	Andrea

## Sa

09.15 > 10.10 PowerYoga	Denise
11.15 > 12.00 Kinesis Power	Nici

## So

10.30 > 11.25 BodyWork	Markus
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