



Virtueller Gruppenfitness-Plan vom 01.06. - 04.10.2020

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
KR1 7:15AM - 8:00AM <i>On Demand</i> 8:10AM - 8:40AM <i>On Demand</i> 11:10AM - 11:55AM <i>VIRTUAL BODYPUMP</i> 12:05PM - 1:05PM <i>VIRTUAL BODYBALANCE</i> 1:15PM - 1:45PM <i>VIRTUAL CXWORX</i> 3:30PM - 4:15PM <i>VIRTUAL SH'BAM</i> 9:00PM - 9:45PM <i>VIRTUAL BODYPUMP</i> Kursraum 3 7:15AM - 7:45AM <i>VIRTUAL RPM</i> 8:00AM - 8:30AM <i>VIRTUAL RPM</i> 8:45AM - 9:15AM <i>VIRTUAL RPM</i> 9:30AM - 10:20AM <i>VIRTUAL RPM</i> 11:30AM - 12:20PM <i>VIRTUAL RPM</i> 12:30PM - 1:20PM <i>VIRTUAL RPM</i> 2:00PM - 3:00PM <i>On Demand</i> 3:00PM - 3:50PM <i>VIRTUAL RPM</i> 4:00PM - 4:50PM <i>VIRTUAL RPM</i> 5:00PM - 5:50PM <i>VIRTUAL RPM</i> 6:00PM - 6:50PM <i>VIRTUAL RPM</i> 7:00PM - 7:50PM <i>VIRTUAL RPM</i> 8:00PM - 8:50PM <i>VIRTUAL RPM</i>	KR1 7:15AM - 8:15AM <i>On Demand</i> 10:35AM - 11:35AM <i>VIRTUAL BODYBALANCE</i> 11:40AM - 12:40PM <i>VIRTUAL BODYCOMBAT</i> 2:00PM - 2:30PM <i>VIRTUAL BODYBALANCE Flexibility</i> 3:15PM - 4:15PM <i>VIRTUAL BODYCOMBAT</i> 4:25PM - 5:25PM <i>VIRTUAL BODYPUMP</i> 8:20PM - 9:05PM <i>VIRTUAL SH'BAM</i> Kursraum 3 7:15AM - 7:45AM <i>VIRTUAL RPM</i> 8:00AM - 8:30AM <i>VIRTUAL RPM</i> 12:30PM - 1:20PM <i>VIRTUAL RPM</i> 2:00PM - 2:50PM <i>VIRTUAL RPM</i> 4:00PM - 4:50PM <i>VIRTUAL RPM</i> 5:00PM - 5:50PM <i>VIRTUAL RPM</i>	KR1 7:15AM - 8:15AM <i>On Demand</i> 8:30AM - 9:15AM <i>VIRTUAL BODYPUMP</i> 11:05AM - 12:05PM <i>VIRTUAL BODYBALANCE</i> 12:10PM - 12:55PM <i>VIRTUAL BODYPUMP</i> 3:10PM - 3:55PM <i>VIRTUAL SH'BAM</i> 4:00PM - 4:30PM <i>VIRTUAL CXWORX</i> 4:35PM - 5:05PM <i>VIRTUAL BODYCOMBAT</i> 8:50PM - 9:20PM <i>VIRTUAL BODYCOMBAT</i> Kursraum 3 7:15AM - 7:45AM <i>VIRTUAL RPM</i> 8:00AM - 8:30AM <i>VIRTUAL RPM</i> 8:45AM - 9:15AM <i>VIRTUAL RPM</i> 9:30AM - 10:20AM <i>VIRTUAL RPM</i> 11:30AM - 12:20PM <i>VIRTUAL RPM</i> 12:30PM - 1:20PM <i>VIRTUAL RPM</i> 2:00PM - 2:50PM <i>VIRTUAL RPM</i> 3:00PM - 3:50PM <i>VIRTUAL RPM</i> 4:00PM - 4:50PM <i>VIRTUAL RPM</i> 5:00PM - 5:50PM <i>VIRTUAL RPM</i> 6:00PM - 6:50PM <i>VIRTUAL RPM</i> 8:00PM - 8:50PM <i>VIRTUAL RPM</i>	KR1 7:30AM - 8:30AM <i>On Demand</i> 4:30PM - 5:15PM <i>VIRTUAL SH'BAM</i> 6:35PM - 7:35PM <i>VIRTUAL BODYBALANCE</i> 8:45PM - 9:15PM <i>VIRTUAL CXWORX</i> Kursraum 3 4:15PM - 5:05PM <i>VIRTUAL RPM</i>	KR1 7:15AM - 8:15AM <i>On Demand</i> 10:35AM - 11:05AM <i>VIRTUAL BODYBALANCE</i> 11:15AM - 11:45AM <i>VIRTUAL CXWORX</i> 12:00PM - 12:45PM <i>VIRTUAL BODYPUMP</i> 2:30PM - 3:00PM <i>VIRTUAL BODYBALANCE</i> 3:05PM - 3:50PM <i>VIRTUAL SH'BAM</i> 7:45PM - 8:30PM <i>VIRTUAL SH'BAM</i> 8:35PM - 9:20PM <i>VIRTUAL BODYBALANCE</i> Kursraum 3 7:15AM - 7:45AM <i>VIRTUAL RPM</i> 8:00AM - 8:30AM <i>VIRTUAL RPM</i> 12:30PM - 1:20PM <i>VIRTUAL RPM</i> 2:00PM - 2:50PM <i>VIRTUAL RPM</i> 3:00PM - 3:50PM <i>VIRTUAL RPM</i> 4:00PM - 4:50PM <i>VIRTUAL RPM</i> 5:00PM - 5:50PM <i>VIRTUAL RPM</i> 6:00PM - 6:50PM <i>VIRTUAL RPM</i> 7:00PM - 7:50PM <i>VIRTUAL RPM</i> 8:00PM - 8:50PM <i>VIRTUAL RPM</i>	KR1 11:45AM - 12:45PM <i>VIRTUAL BODYCOMBAT</i> 6:10PM - 6:40PM <i>VIRTUAL BODYBALANCE</i> Kursraum 3 9:30AM - 10:00AM <i>VIRTUAL RPM</i> 10:35AM - 11:25AM <i>VIRTUAL RPM</i> 11:40AM - 12:30PM <i>VIRTUAL RPM</i> 1:00PM - 1:50PM <i>VIRTUAL RPM</i> 2:00PM - 2:50PM <i>VIRTUAL RPM</i> 3:00PM - 3:50PM <i>VIRTUAL RPM</i> 4:20PM - 4:50PM <i>VIRTUAL RPM</i> 6:10PM - 7:00PM <i>VIRTUAL RPM</i>	KR1 9:30AM - 10:00AM <i>VIRTUAL CXWORX</i> 2:00PM - 2:30PM <i>VIRTUAL CXWORX</i> 2:30PM - 3:15PM <i>VIRTUAL SH'BAM</i> Kursraum 3 10:00AM - 11:00AM <i>On Demand</i> 11:15AM - 12:15PM <i>On Demand</i> 12:30PM - 1:30PM <i>On Demand</i> 2:00PM - 2:50PM <i>VIRTUAL RPM</i>



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

