

GROUP FITNESS

AMIGA RÖDELHEIM



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| MO | 09:30 YOGA & RÜCKEN 75 min | 11:15 PERFORMANCE TRAINING 25 min | 11:45 AERO SLING 25 min | | 18:30 BEST BODY WORKOUT 60 min | 19:30 HOT IRON I™ 60 min | |
| DI | 09:30 BEST BODY WORKOUT 60 min | | | | 18:00 ZUMBA® 60 min | 19:00 DEEP-WORK™ 60 min | 20:00 AERO SLING YOGA 75 min |
| MI | | 10:00 YOGA & FASZIEN 75 min | 11:30 PERFORMANCE TRAINING 25 min | | 18:00 PILATES & RÜCKEN 60 min | 19:00 YIN YOGA 75 min | |
| DO | 09:30 PILATES & RÜCKEN 60 min | 10:30 BARREE 60 min | | 17:30 BEST BODY WORKOUT 60 min | 18:30 CARDIO BOX 60 min | 19:30 ZUMBA® STRONG 60 min | |
| FR | 09:30 HOT IRON I™ 60 min | | | 18:00 YOGA & MEDITATION 75 min | | 19:15 BEST BODY WORKOUT 60 min | |
| SA | | | 11:00 HOT IRON II™ 60 min | 12:00 BEST BODY WORKOUT 60 min | | BALANCE KURSE Gesundheit Entspannung Beweglichkeit | ACTION KURSE Kraft Straffung Koordination |
| SO | | 10:15 YOGA FLOW 75 min | 11:30 PILATES & RÜCKEN 60 min | 12:30 ZUMBA® 60 min | | DANCE KURSE Kraft Ausdauer Koordination | CARDIO KURSE Fettverbrennung Herz- Kreislauf Koordination |