thera fit

Kursplan ab November

Montag

- 09:15 - 10:15 Konditionstraining 10B Lucie
- 10:15 - 11:15 Rückenfitpower & Stretching intensiv 10B Lucie
- 16:00 - 17:00 Pilates 10B Anne
- 17:00 - 18:00 Pilates 10B Anne
- 18:00 - 19:00 Zumba® 10A Katja
- 18:00 - 18:45 RUND-um-Fit (Spinning)® 10B Sabine
- 19:00 - 20:00 Spinning® (Anfänger/Alle) 10B Sabine
- 19:15 - 20:15 Fit-Mix 10A Anke

Dienstag

- 09:30 - 10:30 BBP 10B Anne
- 10:30 - 11:15 Faszientraining 10B Sabine
- 11:15 - 12:00 Beweglichkeits-training 10B Sabine
- 18:00 - 19:00 Rücken-Workout 10A&B Kirsten
- 19:00 - 20:00 Rücken-Workout 10A&B Kirsten
- 20:15 - 21:00 Core-Training 10A&B Julia

Mittwoch

- 08:30 - 09:30 Spinning ® (Fatburner) 10B Antje
- New! 10:00 - 11:00 Fitness-Mix 10B Nadia
- New! 11:00 - 12:00 Bodyshaping 10B Nadia
- 18:00 - 19:00 Zumba Gold® 10A Martina
- New! 19:00 - 20:30 Spinning® XXL (Wintertraining) 10B Antje/ Sabine/Bernd

Donnerstag

- 09:15 - 10:15 Pilates 2 & 3 10B Lucie
- 10:15 - 11:15 Cardio-Fitness 10B Lucie
- 18:45 - 19:45 Spinning® (Fortgeschrittene) 10A&B Ose
- 20:00 - 21:00 C-Fitness 10A&B Julia

Freitag

- 08:15 - 09:15 Spinning® (Fatburner) 10B Sabine
- 09:30 - 10:15 Beweglichkeits-training 10B Sabine
- New! 10:30 - 11:30 Bodyforming 10B Christina
- New! 11:30 - 12:30 Yogilates 10B Christina
- 18:00 - 19:00 Step 10A&B Kurt

Sonntag

- 11:00 - 12:00 Power-Fit 10B Team
- 12:00 - 13:00 Body-Workout 10B Team

Spinning® Einweisung für Anfänger:
Mo. 17:30 & 18:45 / Mi. 8:15 / Fr. 8:00

Training mit der Polar Club App