



# Stundenplan Group Fitness



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
All about CORE 9.00 – 10.00		Morning Yoga 9.00 – 10.00			
			Morning Yoga 9.30 – 10.30		bodyART 9.30 – 10.30
Lunch Yoga 12.00 – 13.00		All about CORE 12.00 – 13.00		Lunch Yoga 12.00 – 13.00	
Functional Circuit 18.30 – 19.30	All about CORE 17.45 – 18.45				
	Zumba 19.15 – 20.15		Inside Yoga 19.00 – 20.00	Inside Yoga 19.15 – 20.15	
Inside Yoga 19.45 – 20.45					
		Inside Yoga 20.15 – 21.15	bodyART 20.10 – 21.10		