

GROUP FITNESS

Gültig ab 01/2024 | Änderungen unter Vorbehalt | © Fitness Forum M. Saia GmbH

TIME	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08							
09	**REHA-Sport 8.30 - 9.15	FASZIEN TRAINING 8.30 - 9.30	**REHA-SPORT 8.15 - 9.00	*REHA-FIT 8.30 - 9.15	INDOORCYCLING 8.30 - 9.15	DEEPWORK 10.15 - 11.15	INDOORCYCLING 10.15 - 11.15
10	STUHL-YOGA 9.30 - 10.30	BECKEN-FIT 9.45 - 10.30	**REHA-SPORT 9.05 - 9.50	NORDIC WALKING 9.15-10.45	TROMMELN 8.30 - 9.15	YOGA 11.30 - 12.30	BALANCE-FIT 10.15 - 11.15
11			INDOORCYCLING 9.00 - 9.45	PILATES 9.30-10.30	BODY-FIT 9.30 - 10.30	INDOORCYCLING 14.00 - 14.45	PUMP-FIT & Core-Fit 11.30 - 12.30
12			BALANCE TRAINING 10.00 - 10.45	PILATES 10.35-11.35		BODY&STRETCH 15.00-15.30	
13							
14							
15		YOGA 15.45 - 16.55					
16	**REHA-SPORT 16.30-17-15	**REHA-SPORT 17.00 - 17.45	YOGA-SOFT 15.30 - 16.40	**REHA-SPORT 17.00 - 17.45	ZUMBA 16.30 - 17.30		
17	INDOORCYCLING 17.30 - 18.15	JUMPING & Core-Fit 17.50 - 18.50	YOGA 16.45 - 17.55	BODY-FIT 17.50 - 18.35	INDOORCYCLING 17.30 - 18.15		
18	YOGA 17.20 - 18.20	INDOORCYCLING 18.00 - 18.45	DEEPWORK 18.00 - 19.00	INDOORCYCLING 17.45 - 18.30	YOGA 17.45 - 19.00		
19	BODY-FIT 18.25 - 19.25	PUMP-FIT 19.00 - 20.00	PILATES 19.00 - 20.00	PUMP-FIT 18.40 - 19.40			
20			INDOORCYCLING 19.00 - 19.45				
21							

* = nur Studiomitglieder
 ** = Reha Verordnung u. Studiomitglieder

**FITNESS
FORUM**

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gültig ab 23.01.2025