


# GROUP FITNESS PLAN PFUNGEN

Gültig ab 01.10.2018

| Montag  | Dienstag   | Mittwoch  | Donnerstag   | Freitag  | Samstag  | Sonntag   |
|---|--|---|--|--|--|---|
| 08.00 – 08.55 Uhr<br><b>Rücken Training</b><br>Mary     | 08.00 – 08.55 Uhr<br><b>Stretch &amp; Faszien</b><br>Martina | Ab 1.11.  |  |  |  |   |
| 09.00 – 09.55 Uhr<br><b>Zumba®</b><br>Patrick           | 09.00 – 09.55 Uhr<br><b>Body Toning</b><br>Rebekka           |   | 08.00 – 08.55 Uhr<br><b>Fit &amp; Vital</b><br>Martina   | 09.00 – 09.45 Uhr<br><b>Jumping Mix</b><br>Rebekka | 09.30 – 10.25 Uhr<br><b>Pilates</b><br>Nicole    | 09.00 – 09.55 Uhr<br><b>Pilates</b><br>Team     |
| 09.00 – 09.55 Uhr<br><b>Lauftraining (1)</b><br>Rebekka | 09.15 – 10.30 Uhr<br><b>Nordic Walking (1)</b><br>Martina    | 09.00- 10.00 Uhr<br><b>Body Pump®</b><br>Katrin         | 10.00- 10.55 Uhr<br><b>Step</b><br>Barbara               | 10.30 – 11.30 Uhr<br><b>Tai Ji</b><br>Susan        | 10.00 – 10.25 Uhr<br><b>M.A.X®</b><br>Gabi/ Anja | 11.00 - 12.00 Uhr<br><b>Body Toning</b><br>Team |
| 10.00 – 10.55 Uhr<br><b>Pilates</b><br>Andrea/Mary      | 10.15 – 11.15 Uhr<br><b>Hatha Yoga</b><br>Nicole             | 09:00 – 9:50 Uhr<br><b>Functional Circle</b><br>Rebekka | 10.00 – 10.45 Uhr<br><b>TRX® Circuit (4)</b><br>Rebekka  |  | 10.30 – 11.30 Uhr<br><b>Body Pump®</b><br>Team   |   |
|   |  | 10:00 – 10.30 Uhr<br><b>Sixpack</b><br>Rebekka          |  |  |  |   |
| 12.15 – 13.15 Uhr<br><b>Body Pump®</b><br>Alexandra     |  |   |  |  |  |   |
| 17.30 – 18.20 Uhr<br><b>BBP</b><br>Gabi                 |  |   | 17.30 – 18.20 Uhr<br><b>Boost®</b><br>Rebekka            | 17.30 – 18.30 Uhr<br><b>Body Pump®</b><br>Corinne  |  |   |
| 18.30 – 19.20 Uhr<br><b>Indoor Cycling</b><br>Team      | 18.00 – 18.55 Uhr<br><b>Pilates</b><br>Corinne               | 18.00 – 18.55 Uhr<br><b>Rücken Training</b><br>Mary     | 18.30 – 19.20 Uhr<br><b>Indoor Cycling (2)</b><br>Ladina |  |  |   |
| 19.30 – 20:30 Uhr<br><b>Piloxing®</b><br>Cécile         | 19.00 – 19.55 Uhr<br><b>Step</b><br>Barbara                  | 19.00 – 20.00 Uhr<br><b>Body Pump®</b><br>Anja          | 19.30 – 20.20 Uhr<br><b>Hatha Yoga</b><br>Fabienne       |  |  |   |
|   |  | 20.00 – 20:30 Uhr<br><b>Core Training</b><br>Anja       |  |  |  |   |



10er / 25er- Group Fitness Abonnement  
an der Rezeption erhältlich

**Legende**

- (1) Outdoor
- (2) Vom 1.10. bis 30.04
- (3) Functional Tower
- (4) Functional Tower bis max. 6 Pers. / Liste