

VIRTUELLER KURSPLAN GÜLTIG AB SOFORT

Bitte beachten: Organisationsbedingte Änderung der Kurse vorbehalten.

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
07:30 - 08:20 RPM C-Raum	07:00 - 07:50 RPM C-Raum	07:30 - 08:00 SPRINT C-Raum	07:30 - 08:15 GRIT Studio 2	07:15 - 07:45 CORE Studio 2	08:30 - 09:00 CORE Studio 2	08:45 - 09:15 CORE Studio 2
08:00 - 08:45 BODYBALANCE (V) Studio 2	08:00 - 09:00 BODYPUMP Studio 2	07:30 - 08:00 CORE Studio 2		07:50 - 08:20 GRIT CARDIO Studio 2	09:05 - 09:35 GRIT CARDIO Studio 2	09:20 - 10:05 BODYBALANCE Studio 2
10:30 - 11:20 RPM Studio 2	09:10 - 09:40 CORE Studio 2	08:05 - 08:55 RPM C-Raum		08:10 - 09:00 RPM C-Raum	10:00 - 11:00 BODYPUMP Studio 2	09:30 - 10:15 THE TRIP C-Raum
11:00 - 12:00 BODYCOMBAT Studio 2	09:45 - 10:45 BODYBALANCE Studio 2	11:30 - 12:00 SPRINT C-Raum	11:30 - 12:30 BODYBALANCE Studio 2	10:40 - 11:10 GRIT ATHLETIK Studio 2	11:30 - 12:15 THE TRIP C-Raum	
12:30 - 13:00 GRIT ATHLETIK Studio 2	12:05 - 13:05 BODYBALANCE Studio 2	12:10 - 12:40 CORE Studio 2		11:15 - 11:45 CORE Studio 2	13:30 - 14:00 CORE Studio 2	
		12:05 - 12:55 RPM C-Raum	12:35 - 13:05 CORE Studio 2	12:00 - 13:00 BODYCOMBAT Studio 2	14:05 - 14:35 BODYCOMBAT Studio 2	
13:05 - 13:35 CORE Studio 2	13:00 - 13:45 THE TRIP C-Raum	12:45 - 13:45 BODYPUMP Studio 2	13:10 - 14:10 BODYCOMBAT Studio 2	12:15 - 12:45 SPRINT C-Raum	14:45 - 15:15 GRIT STRENGTH Studio 2	14:25 - 14:55 GRIT ATHLETIK Studio 2
13:45 - 14:45 BODYBALANCE Studio 2	13:50 - 14:20 SPRINT C-Raum	13:55 - 14:25 CORE Studio 2	13:00 - 13:50 RPM C-Raum	12:50 - 13:35 THE TRIP C-Raum	17:25 - 18:25 BODYCOMBAT Studio 2	15:00 - 15:30 CORE Studio 2
15:00 - 16:00 BODYPUMP Studio 2	13:35 - 14:35 BODYCOMBAT Studio 2	14:30 - 15:30 BODYCOMBAT Studio 2	14:15 - 15:15 BODYPUMP Studio 2	13:05 - 13:50 BODYBALANCE Studio 2	17:00 - 17:50 RPM C-Raum	
16:10 - 16:40 CORE Studio 2	14:40 - 15:10 GRIT STRENGTH Studio 2			13:55 - 14:25 CORE Studio 2	18:30 - 19:00 BODYBALANCE Studio 2	
	15:15 - 16:15 BODYPUMP Studio 2	15:35 - 16:20 BODYBALANCE Studio 2	15:25 - 16:25 BODYBALANCE Studio 2	14:30 - 15:00 GRIT ATHLETIK Studio 2		17:30 - 18:00 SPRINT C-Raum
	16:25 - 16:55 CORE Studio 2	16:25 - 16:55 GRIT STRENGTH Studio 2	16:30 - 17:00 CORE Studio 2	15:05 - 16:05 BODYPUMP Studio 2		18:05 - 18:55 RPM C-Raum
	17:30 - 18:20 RPM C-Raum		17:00 - 17:50 RPM C-Raum			18:10 - 19:10 BODYPUMP Studio 2
						19:20 - 19:50 CORE Studio 2
	20:50 - 21:50 BODYBALANCE Studio 2	20:15 - 21:15 BODYBALANCE Studio 2		19:15 - 20:15 BODYBALANCE Studio 2		
21:10 - 22:10 BODYBALANCE Studio 2			21:00 - 22:00 BODYBALANCE Studio 2			

LES MILLS

ONDEMAND

Immer informiert:



HYGIA Fitness Braunschweig



hygia_fitness