

LadyVital

Fitness für Frauen

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09:15 – 09:45 Abs & Butt	09:10 – 10:10 Pilates	09:00 – 10:00 Nordic Walking	09:15 – 10:15 Step Aerobic	09:15 – 10:15 HIIT	09:15 – 10:15 Abs&Butt
09:45 – 10:15 Mobility&Stretch	10:15 – 10:50 HIIT	09:10 – 09:40 Jumping	10:20 – 11:20 Sling&Tone + Stretching	10:20 – 11:20 Flexy&Breath	10:15 – 11:30 Vinyasa Yoga <small>*14täglich</small>
10:20 – 11:20 Rückenfit	17:45 – 18:45 Step & Core	09:45 – 10:45 Lady Pump	17:45 – 18:45 Functional Workout	16:00 – 17:00 Yoga	Sonntag
18:30 – 19:15 Sling & Tone	18:45 – 19:45 Pilates	17:15 – 18:15 Stabile Mitte	18:50 – 19:20 Flexy & Breath	17:00 – 18:00 Jambo Step	09:15 – 10:15 Bodynetics
19:20 – 20:20 Functional & Stretch	18:45 – 19:30 Klangmeditation	18:20 – 19:20 HIIT	19:30 – 20:30 Zumba®	18:05 – 19:05 Bauchtanz	
	19:45 – 20:30 Klangmeditation	19:00 – 20:00 Vinyasa Yoga			
		19:25 – 19:55 Jumping			