

# LadyNital

Fitness für Frauen

| Montag                        | Dienstag                               | Mittwoch                       | Donnerstag                             | Freitag                       | Samstag                           |
|-------------------------------|----------------------------------------|--------------------------------|----------------------------------------|-------------------------------|-----------------------------------|
| 09:10 – 10:40<br>Jumping      | 09:10 – 10:10<br>Pilates               | 09:10 – 09:40<br>Jumping       | 09:15 – 10:15<br>Lady Pump             | 09:15 – 10:15<br>HIIT         | 07:45 – 09:00<br>Yoga<br>*14tägig |
| 09:45 – 10:15<br>Abs & Butt   | 10:15 – 10:50<br>HIIT                  | 09:45 – 10:45<br>Lady Pump     | 18:30 – 19:30<br>Functional<br>Workout | 10:20 – 11:20<br>Flexy&Breath | 09:15 – 10:15<br>Abs & Butt       |
| 10:20 – 11:20<br>Rückenfit    | 17:45 – 18:45<br>Functional<br>Workout | 17:15 – 18:15<br>Stabile Mitte | 19:30 – 20:30<br>Zumba®                | 16:00 – 17:00<br>Yoga         |                                   |
| 18:30 – 19:15<br>Sling & Tone | 18:45 – 19:45<br>Pilates               | 18:15 – 19:15<br>HIIT          |                                        | 17:00 – 18:00<br>Jambo Step   | 09:15 – 10:15<br>Bodynetics       |
| 19:20 – 20:20<br>Bodystyling  | 18:45 – 19:30<br>Klangmeditation       | 19:25 – 19:55<br>Jumping       |                                        | 18:05 – 19:05<br>Bauchtanz    |                                   |
|                               | 19:45 – 20:30<br>Klangmeditation       |                                |                                        |                               |                                   |