

LadyVital

Fitness für Frauen

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