

# Group-Fitness-Kursplan

Herbst 2023 / ab November

|    |                              |                             |           |
|----|------------------------------|-----------------------------|-----------|
| Mo | 17:00 - 17:45 Pilates        | SSC-Studio/Aerobic-Raum     | Osina     |
| Mo | 18:00 - 18:45 Dance-Aerobic  | SSC-Studio/Aerobic-Raum     | Manuela   |
| Mo | 18:30 - 19:55 Indoor Cycling | SSC-Zentrum/Saal            | IC-Team   |
| Mo | 19:00 - 19:45 BBP            | SSC-Studio/Aerobic-Raum     | Corinna   |
| Mo | 20:00 - 20:55 Vinyasa-Yoga   | SSC-Studio/Aerobic-Raum     | Matej     |
| Di | 09:45 - 10:30 Dance-Aerobic  | SSC-Studio/Aerobic-Raum     | Manuela   |
| Di | 10:45 - 11:30 BBP            | SSC-Studio/Aerobic-Raum     | Manuela   |
| Di | 18:00 - 18:45 Fatburner      | SSC-Studio/Aerobic-Raum     | Corinna   |
| Di | 19:00 - 19:45 Step           | SSC-Studio/Aerobic-Raum     | Matthias  |
| Di | 19:00 - 19:55 Indoor Cycling | SSC-Zentrum/Saal            | IC-Team   |
| Di | 20:00 - 20:45 BBP            | SSC-Studio/Aerobic-Raum     | Matthias  |
| Mi | 18:00 - 18:45 Step           | SSC-Studio/Aerobic-Raum     | Annette   |
| Mi | 18:00 - 18:55 Indoor Cycling | SSC-Zentrum/Saal            | IC-Team   |
| Mi | 19:00 - 19:45 BBP            | SSC-Studio/Aerobic-Raum     | Annette   |
| Mi | 20:00 - 21:00 Vinyasa-Yoga   | SSC-Studio/Aerobic-Raum     | Anne      |
| Do | 09:45 - 10:30 Dance-Step     | SSC-Studio/Aerobic-Raum     | Manuela   |
| Do | 10:45 - 11:30 BBP            | SSC-Studio/Aerobic-Raum     | Manuela   |
| Do | 18:30 - 19:15 PowerMix       | SSC-Studio/Aerobic-Raum     | Anastasia |
| Do | 19:30 - 20:15 deep work      | SSC-Studio/Aerobic-Raum     | Alexander |
| Do | 19:30 - 20:25 Indoor Cycling | SSC-Zentrum/Saal            | IC-Team   |
| Fr | 09:00 - 09:45 Rückenfit      | SSC-Studio/Aerobic-Raum     | Marianne  |
| Fr | 17:00 - 17:45 BBP            | SSC-Studio/Aerobic-Raum     | Sandra    |
| Fr | 17:00 - 17:45 Indoor Cycling | SSC-Zentrum/Saal            | IC-Team   |
| Fr | 18:00 - 18:55 Functional     | Functional-Raum/Außenfläche | Madeleine |
| Fr | 18:00 - 18:45 Pumping Fit    | SSC-Studio/Aerobic-Raum     | Meike     |
| Fr | 18:00 - 18:45 Zumba          | SSC-Zentrum/Saal            | Jana      |
| Sa | 10:00 - 10:50 Indoor Cycling | SSC-Zentrum/Saal            | IC-Team   |
| Sa | 10:00 - 10:50 Indoor Cycling | SSC-Zentrum/Saal            | IC-Team   |
| Sa | 10:00 - 10:45 Step           | SSC-Studio/Aerobic-Raum     | Meike     |
| Sa | 11:00 - 11:45 BBP            | SSC-Studio/Aerobic-Raum     | Meike     |
| So | 10:00 - 10:45 Pumping Fit    | SSC-Studio/Aerobic-Raum     | Janine    |
| So | 11:00 - 11:30 Bauch/Rücken   | SSC-Studio/Aerobic-Raum     | Janine    |

Für die Teilnahme an diesen Stunden ist die Mitgliedschaft in der Aerobic-Abteilung oder dem Fitness- und Gesundheitsstudio Voraussetzung.

→ Anmeldung über ClubConnector-App oder die Homepage des Fitness- und Gesundheitsstudios erforderlich!

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