Group-Fitness-Kursplan

Herbst/Winter 26

Mo	17:00 - 17:45	Pilates	SSC-Studio/Aerobic-Raum	Osina
Mo	18:00 - 18:50	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 - 21:00	Vinyasa-Yoga	SSC-Studio/Aerobic-Raum	Matej
Di	09:45 - 10:35	Dance-Aerobic	SSC-Studio/Aerobic-Raum	Manuela
Di	10:45 - 11:30	BBP	SSC-Studio/Aerobic-Raum	Manuela
Di	17:30 - 18:15	Bodystyling	SSC-Studio/Aerobic-Raum	Matthias
Di	18:30 - 19:15	Fatburner	SSC-Studio/Aerobic-Raum	Corinna
Di	19:00 - 19:55	Indoor Cycling	SSC-Zentrum/Saal	IC-Team
Di	19:00 - 20:00	Functional	SSC-Studio/Functional-Raum	Denis
Di	19:30 - 20:15	Pilates	SSC-Studio/Aerobic-Raum	Corinna
Mi	18:00 - 18:50	Step	SSC-Studio/Aerobic-Raum	Annette
Mi	19:00 - 19:45	BBP	SSC-Studio/Aerobic-Raum	Annette
Mi	19:05 - 19:55	Indoor Cycling	SSC-Zentrum/Saal	IC-Team
Mi	20:00 - 21:00	Vinyasa-Yoga	SSC-Studio/Aerobic-Raum	Anne
Do	09:00 - 09:50	Dance-Step	SSC-Studio/Aerobic-Raum	Manuela
Do	10:00 - 10:45	BBP	SSC-Studio/Aerobic-Raum	Manuela
Do	18:00 - 18:45	PowerMix	SSC-Studio/Aerobic-Raum	Anastasia
Do	18:00 - 19:00	Functional	SSC-Studio/Functional-Raum	David
Do	18:15 - 19:10	Indoor Cycling	SSC-Zentrum/Saal	IC-Team
Do	19:00 - 19:50	ZUMBA	SSC-Studio/Aerobic-Raum	Vicente
Do	20:00 - 20:45	deepwork	SSC-Studio/Aerobic-Raum	Alexander
Fr	09:00 - 09:45	Rückenfit	SSC-Studio/Aerobic-Raum	Marianne
Fr	17:00 - 17:50	Indoor Cycling	SSC-Zentrum/Saal	IC-Team
Fr	17:00 - 17:45	BBP	SSC-Studio/Aerobic-Raum	Sandra
Fr	18:00 - 18:45	Pumping Fit	SSC-Studio/Aerobic-Raum	Meike
Fr	19:00 - 19:50	Zumba	SSC-Studio/Aerobic-Raum	Yana
Sa	10:00 - 10:50	Indoor Cycling	SSC-Zentrum/Saal	IC-Team
Sa	10:00 - 10:50	Step	SSC-Studio/Aerobic-Raum	Meike
Sa	11:00 - 11:45	BBP	SSC-Studio/Aerobic-Raum	Meike
So	09:00 - 11:00	croSSChallange	Tennishalle 3	Kiki
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!