



Virtueller Gruppenfitness Plan vom 8.10.2018 - 02.06.2019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<p>LES MILLS BODYPUMP 7:15AM - 8:00AM KR1</p> <p>LES MILLS RPM 7:15AM - 7:45AM Kursraum 3</p> <p>LES MILLS RPM 8:00AM - 8:30AM Kursraum 3</p> <p>LES MILLS CXWORX 8:05AM - 8:35AM KR1</p> <p>LES MILLS RPM 8:45AM - 9:15AM Kursraum 3</p> <p>LES MILLS RPM 9:30AM - 10:20AM Kursraum 3</p> <p>LES MILLS BODYPUMP 11:10AM - 11:55AM KR1</p> <p>LES MILLS RPM 11:30AM - 12:20PM Kursraum 3</p> <p>LES MILLS BODYBALANCE 12:05PM - 1:05PM KR1</p> <p>LES MILLS RPM 12:30PM - 1:20PM Kursraum 3</p> <p>LES MILLS CXWORX 1:15PM - 1:45PM KR1</p> <p>LES MILLS RPM 2:00PM - 2:50PM Kursraum 3</p> <p>LES MILLS RPM 3:00PM - 3:50PM Kursraum 3</p> <p>LES MILLS SH'BAM 3:30PM - 4:15PM KR1</p>	<p>LES MILLS BODYATTACK 7:15AM - 8:00AM KR1</p> <p>LES MILLS RPM 7:15AM - 7:45AM Kursraum 3</p> <p>LES MILLS RPM 8:00AM - 8:30AM Kursraum 3</p> <p>LES MILLS BODYBALANCE 8:05AM - 8:35AM KR1</p> <p>LES MILLS BODYBALANCE 10:35AM - 11:35AM KR1</p> <p>LES MILLS BODYCOMBAT 11:40AM - 12:40PM KR1</p> <p>LES MILLS RPM 12:30PM - 1:20PM Kursraum 3</p> <p>LES MILLS BODYBALANCE 2:00PM - 2:30PM KR1</p> <p>LES MILLS RPM 2:00PM - 2:50PM Kursraum 3</p> <p>LES MILLS BODYPUMP 2:30PM - 3:30PM KR1</p> <p>LES MILLS BODYBALANCE 3:30PM - 4:00PM KR1</p> <p>LES MILLS RPM 4:00PM - 4:50PM Kursraum 3</p> <p>LES MILLS BODYCOMBAT 4:00PM - 5:00PM KR1</p> <p>LES MILLS BODYBALANCE 5:00PM - 5:30PM KR1</p>	<p>LES MILLS CXWORX 7:15AM - 7:45AM KR1</p> <p>LES MILLS RPM 7:15AM - 7:45AM Kursraum 3</p> <p>LES MILLS BODYBALANCE 7:50AM - 8:20AM KR1</p> <p>LES MILLS RPM 8:00AM - 8:30AM Kursraum 3</p> <p>LES MILLS BODYPUMP 8:30AM - 9:15AM KR1</p> <p>LES MILLS RPM 8:45AM - 9:15AM Kursraum 3</p> <p>LES MILLS RPM 9:30AM - 10:20AM Kursraum 3</p> <p>LES MILLS BODYBALANCE 11:05AM - 12:05PM KR1</p> <p>LES MILLS RPM 11:30AM - 12:20PM Kursraum 3</p> <p>LES MILLS BODYPUMP 12:10PM - 12:55PM KR1</p> <p>LES MILLS RPM 12:30PM - 1:20PM Kursraum 3</p> <p>LES MILLS RPM 2:00PM - 2:50PM Kursraum 3</p> <p>LES MILLS SH'BAM 3:00PM - 3:45PM KR1</p> <p>LES MILLS RPM 3:00PM - 3:50PM Kursraum 3</p>	<p>ONDEMAND 7:30AM - 8:30AM KR1</p> <p>LES MILLS RPM 4:15PM - 4:45PM Kursraum 3</p> <p>LES MILLS SH'BAM 4:30PM - 5:15PM KR1</p> <p>LES MILLS RPM 5:00PM - 5:50PM Kursraum 3</p> <p>LES MILLS BODYBALANCE 7:40PM - 8:40PM KR1</p> <p>LES MILLS BODYBALANCE 8:45PM - 9:15PM KR1</p>	<p>LES MILLS RPM 7:15AM - 7:45AM Kursraum 3</p> <p>LES MILLS RPM 8:00AM - 8:30AM Kursraum 3</p> <p>LES MILLS BODYBALANCE 10:35AM - 11:05AM KR1</p> <p>LES MILLS CXWORX 11:15AM - 11:45AM KR1</p> <p>LES MILLS BODYPUMP 12:00PM - 12:45PM KR1</p> <p>LES MILLS RPM 12:30PM - 1:20PM Kursraum 3</p> <p>LES MILLS RPM 2:00PM - 2:50PM Kursraum 3</p> <p>LES MILLS BODYBALANCE 2:30PM - 3:00PM KR1</p> <p>LES MILLS RPM 3:00PM - 3:50PM Kursraum 3</p> <p>LES MILLS SH'BAM 3:05PM - 3:50PM KR1</p> <p>LES MILLS RPM 4:00PM - 4:50PM Kursraum 3</p> <p>LES MILLS RPM 5:00PM - 5:50PM Kursraum 3</p> <p>LES MILLS RPM 6:00PM - 6:50PM Kursraum 3</p> <p>LES MILLS RPM 7:00PM - 7:50PM Kursraum 3</p>	<p>LES MILLS RPM 9:30AM - 10:00AM Kursraum 3</p> <p>LES MILLS RPM 11:30AM - 12:20PM Kursraum 3</p> <p>LES MILLS BODYCOMBAT 11:45AM - 12:45PM KR1</p> <p>LES MILLS BODYPUMP 12:50PM - 1:50PM KR1</p> <p>LES MILLS RPM 1:00PM - 1:50PM Kursraum 3</p> <p>LES MILLS BODYBALANCE 2:00PM - 3:00PM KR1</p> <p>LES MILLS RPM 2:00PM - 2:50PM Kursraum 3</p> <p>LES MILLS RPM 3:00PM - 3:50PM Kursraum 3</p> <p>LES MILLS BODYCOMBAT 3:10PM - 4:10PM KR1</p> <p>LES MILLS RPM 4:20PM - 4:50PM Kursraum 3</p> <p>LES MILLS BODYBALANCE 6:10PM - 6:40PM KR1</p> <p>LES MILLS RPM 6:30PM - 7:20PM Kursraum 3</p>	<p>LES MILLS RPM 9:30AM - 10:20AM Kursraum 3</p> <p>LES MILLS CXWORX 9:30AM - 10:00AM KR1</p> <p>LES MILLS RPM 10:30AM - 11:20AM Kursraum 3</p> <p>LES MILLS RPM 11:30AM - 12:20PM Kursraum 3</p> <p>LES MILLS RPM 12:30PM - 1:20PM Kursraum 3</p> <p>LES MILLS CXWORX 2:00PM - 2:30PM KR1</p> <p>LES MILLS RPM 2:00PM - 2:50PM Kursraum 3</p> <p>LES MILLS SH'BAM 2:30PM - 3:15PM KR1</p>

Montag

LES MILLS
RPM
4:00PM - 4:50PM
Kursraum 3

LES MILLS
RPM
5:00PM - 5:50PM
Kursraum 3

LES MILLS
RPM
6:00PM - 6:50PM
Kursraum 3

LES MILLS
RPM
7:00PM - 7:50PM
Kursraum 3

LES MILLS
RPM
8:00PM - 8:50PM
Kursraum 3

LES MILLS
BODYBALANCE
9:20PM - 9:50PM
KR1

Dienstag

LES MILLS
RPM
5:00PM - 5:50PM
Kursraum 3

LES MILLS
SH'BAM
8:10PM - 8:55PM
KR1

LES MILLS
BODYBALANCE
9:00PM - 9:30PM
KR1

Mittwoch

LES MILLS
CXWORX
4:00PM - 4:30PM
KR1

LES MILLS
RPM
4:00PM - 4:50PM
Kursraum 3

LES MILLS
BODYCOMBAT
4:30PM - 5:30PM
KR1

LES MILLS
RPM
5:00PM - 5:50PM
Kursraum 3

LES MILLS
RPM
6:00PM - 6:50PM
Kursraum 3

LES MILLS
RPM
8:00PM - 8:50PM
Kursraum 3

LES MILLS
BODYCOMBAT
8:40PM - 9:40PM
KR1

Donnerstag

Freitag

LES MILLS
SH'BAM
7:15PM - 8:00PM
KR1

LES MILLS
RPM
8:00PM - 8:50PM
Kursraum 3

LES MILLS
BODYPUMP
8:05PM - 8:50PM
KR1

LES MILLS
BODYBALANCE
8:50PM - 9:20PM
KR1

Samstag

Sonntag

LES MILLS
BODYBALANCE

Learn the basic moves and format of a LES MILLS BODYBALANCE workout in this quick introduction.

LES MILLS
BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

LES MILLS
BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.

LES MILLS
BODYCOMBAT

Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

LES MILLS
BODYPUMP

Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

LES MILLS
CXWORX

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS
RPM

Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.

LES MILLS
SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

Virtuelle Kurse im FLEXX Fitness- Studio Gruppen Zeitplan