









NYSC joggeli fitness

Programm ab 1.10.2018

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08.15h			08.15h	8.15h		
TRX 45'	----	----	SENIORAMA 45'	TRX 45'	----	----
09.15h	09.15h	09.30h	9.15h	09.15h	09.30h	
★ PILATES 45'	★ FIT FOR EVER 45'	★ POWER YOGA 60'	★ NYSC WORKOUT 45'	★ PILATES 45'	POWER YOGA 50'	----
10.15h	10.15h		10.15h	10.15h	10.30h	10.30h
★  50'	★ TRX 45'	----	★  50'	★ STEP+TONE 50'	POWER TONING 75'	BODY + STRETCH 75'
			10.15h		10.30h	10.30h
----	----	----	★  FOR EVER 45'	----	 60'	 60'

	12.15h	12.15h	12.15h			
----	NYSC WORKOUT 45'	TRX BODY 45'	POWER TONING 45'	----	----	----
12.15h		12.15h		12.15h		
 45'	----	 45'	----	 45'	----	----
14.15h	14.15h	15.00h				
PILATES 45'	SENIORAMA 45'	FIT FOR EVER 45'	----	----	----	----

18.00h	18.00h	18.00h	18.00h	18.00h		
BODY 55'	BOXING 55'	BODY 55'	PILATES 45'	TRX ADVANCED 45'	----	----
	18.00h			18.00h		
----	 60'	----	----	 60'	----	----
19.00h		19.00h				
POWER YOGA 50'	----	 60'	----	----	----	----
19.00h	19.00h					
 60'	MOVE & DANCE 45'	----	----	----	----	----
20.00h						
 + BAUCH 50'	----	----	----	----	----	----

Saubere Aerobicschuhe/Frottiertuch/bitte pünktlich erscheinen

clean aerobic shoes/bring a towel/please be punctual

★Kinderhütendienst / babysitting

Montag bis Freitag 9.00-11.30 / Monday until Friday 9.00-11.30