



luxor fitness

Group Fitness

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Morgen		6.45 - 7.30 SPINNING Nicole/Michael		7.00 - 7.30 Dafune Astrid		09.15 - 10.15 TRX ABS&CORE Adriele	
		7.15 - 8.15 UXFCIRCUIT Yvonne (\$)			7.15 - 8.15 UXFCIRCUIT Yvonne (\$)	10.30 - 11.30 LES MILLS BODYPUMP Natalie/Astrid	11.00 - 12.00 bodyART Dunja/Susanne
	10.00 - 10.50 Pilates Ann		10.00 - 11.00 Antara Anna		10.00 - 11.00 Fit For Ever Kathrin	11.30 - 12.30 LES MILLS BODYCOMBAT Natalie/Astrid	12.15 - 12.45 BOOTCAMP Kristina
Mittag	11.45 - 12.30 Pilates Gabriele	12.00 - 13.00 Muscle Pump Kathrin	11.45 - 12.15 TRX Anna	12.15 - 13.00 LES MILLS BODYPUMP Yenni	12.00 - 13.00 Power Yoga Gabriele		12.45 - 13.15 LES MILLS CXWORX Kristina
	12.30 - 13.00 LES MILLS CXWORX Nadina	13.00 - 14.00 Boxen Nathaniel	12.15 - 13.00 LES MILLS BODYATTACK Astrid		13.00 - 14.00 Boxen Nathaniel		
	12.10 - 13.00 SPINNING Adriele		12.10 - 13.00 SPINNING Michi/Cristina		12.10 - 13.00 SPINNING Rene		16.00 - 17.00 Yoga Ann/Gabriele
Abend	18.15 - 19.00 LES MILLS BODYPUMP Astrid	17.30 - 18.25 Power Yoga Ann	18.30 - 19.30 LES MILLS BODYPUMP Andreas	17.30 - 18.20 Power Pilates Ann	18.30 - 19.00 LES MILLS CXWORX Astrid		
	19.00 - 20.00 LES MILLS BODYATTACK Mirco	18.30 - 19.00 LES MILLS CXWORX Natalie	19.00 - 20.00 CYCLEATTACK Adriele	18.30 - 19.00 LES MILLS CXWORX Natalie	19.00 - 19.30 bodyART Astrid		
	19.00 - 20.00 CYCLEATTACK Adriele	19.00 - 20.00 LES MILLS BODYCOMBAT Natalie		19.00 - 20.00 LES MILLS BODYATTACK Natalie			

Saubere Aerobicshuhe und Frottiertuch mitbringen.
Bitte pünktlich erscheinen. Vielen Dank.

Bring clean aerobic shoes and a towel.
Please be on time. Thanks.

(\$) Kostenpflichtig / fee required