



## luxor fitness

### Group Fitness

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Morgen		6.45 - 7.30 <b>SPINNING</b> Nicole/Michael		7.00 - 7.30 <i>Dafune</i> Astrid			11.00 - 12.00 <i>body ART</i> Dunja/Susanne
		7.15 - 8.15 <b>UXFCIRCUIT</b> Yvonne (\$)			7.15 - 8.15 <b>UXFCIRCUIT</b> Yvonne (\$)	10.30 - 11.30 <b>LES MILLS BODYPUMP</b> Natalie/Astrid	11.00 - 12.00 <b>CYCLEATTACK</b> Adrielle
	10.00 - 10.50 <b>Pilates</b> Ann		10.00 - 11.00 <b>Antara</b> Anna		10.00 - 11.00 <b>Fit For Ever</b> Kathrin	11.30 - 12.30 <b>LES MILLS BODYCOMBAT</b> Natalie/Astrid	12.15 - 12.45 <b>BOOTCAMP</b> Kristina
Mittag	11.45 - 12.30 <b>Pilates</b> Gabriele	12.00 - 13.00 <b>Muscle Pump</b> Kathrin	11.45 - 12.15 <b>TRX</b> Anna	12.15 - 13.00 <b>LES MILLS BODYPUMP</b> Yenni	12.00 - 13.00 <b>Power Yoga</b> Gabriele	12.35 - 13.35 <b>Xtreme Workout</b> Claudia	12.45 - 13.15 <b>LES MILLS CXWORX</b> Kristina
	12.30 - 13.00 <b>LES MILLS CXWORX</b> Nadina	13.00 - 14.00 <b>Boxen</b> Nathaniel	12.15 - 13.00 <b>LES MILLS BODYATTACK</b> Astrid		13.00 - 14.00 <b>Boxen</b> Nathaniel		
	12.10 - 13.00 <b>SPINNING</b> Adrielle		12.10 - 13.00 <b>SPINNING</b> Michi/Cristina		12.10 - 13.00 <b>SPINNING</b> Rene	17.00 - 18.00 <b>TRX</b> Anna	16.00 - 17.00 <b>Yoga</b> Ann/Gabriele
Abend	18.15 - 19.00 <b>LES MILLS BODYPUMP</b> Astrid	17.30 - 18.25 <b>Power Yoga</b> Ann	18.30 - 19.30 <b>LES MILLS BODYPUMP</b> Andreas	17.30 - 18.20 <b>Power Pilates</b> Ann	18.30 - 19.00 <b>LES MILLS CXWORX</b> Astrid		
	19.00 - 20.00 <b>LES MILLS BODYATTACK</b> Mirco	18.30 - 19.00 <b>LES MILLS CXWORX</b> Natalie	19.00 - 20.00 <b>CYCLEATTACK</b> Adrielle	18.30 - 19.00 <b>LES MILLS CXWORX</b> Natalie	19.00 - 19.30 <i>body ART</i> Astrid		
	19.00 - 20.00 <b>CYCLEATTACK</b> Adrielle	19.00 - 20.00 <b>LES MILLS BODYCOMBAT</b> Natalie	19.30 - 20.30 <i>body ART</i> Daniel	19.00 - 20.00 <b>LES MILLS BODYATTACK</b> 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