



## luxor fitness

### Group Fitness ab 7. Januar 2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Morgen		7.15 - 8.15 <b>UXFCIRCUIT</b> Yvonne (\$)		7.00 - 7.30 <i>Dafune</i> Astrid	7.15 - 8.15 <b>UXFCIRCUIT</b> Yvonne (\$)	09.15 - 10.15 <b>TRX</b> ABS & CORE Adrielle	10.30 - 11.30 <b>LES MILLS BODYPUMP</b> Team
	10.00 - 10.50 <b>Pilates</b> Ann	06.45 - 07.30 <b>SPINNING</b> Nicole/Michi	10.00 - 11.00 <b>Antara</b> Anna		10.00 - 11.00 <b>FitForEver</b> Kathrin	10.30 - 11.30 <b>LES MILLS BODYPUMP</b> Natalie/Astrid	11.35 - 12.05 <b>LES MILLS GRIT</b> CARDIO/PLYO Team
Mittag	11.45 - 12.30 <b>Pilates</b> Ann	12.00 - 13.00 <b>Muscle Pump</b> Kathrin	11.45 - 12.15 <b>TRX</b> Anna	11.45 - 12.30 <b>LES MILLS BODYPUMP</b> Chiara	12.00 - 13.00 <b>PowerYoga</b> Gabriele	11.35 - 12.35 <b>LES MILLS BODYCOMBAT</b> Natalie/Astrid	12.10 - 12.40 <b>LES MILLS CXWORX</b> Kristina
	12.10 - 13.00 <b>SPINNING</b> Adrielle	12.10 - 13.00 <b>SPINNING</b> Michi/Cristina	12.10 - 13.00 <b>SPINNING</b> Michi/Cristina	12.30 - 13.15 <b>LES MILLS BODYCOMBAT</b> Sorin	12.10 - 13.00 <b>SPINNING</b> Rene		
	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> SUPER KONDI Astrid		13.00 - 14.00 <b>Boxen</b> Nathaniel		
	13.00 - 13.30 <b>LES MILLS GRIT</b> STRENGTH Sorin						16.00 - 17.00 <b>Yoga</b> Ann/Gabriele
Abend	18.15 - 19.00 <b>LES MILLS BODYPUMP</b> Astrid	17.40 - 18.40 <b>PowerYoga</b> Ann	18.30 - 19.00 <b>LES MILLS CXWORX</b> Andreas	17.40 - 18.40 <b>PowerPilates</b> Ann			
	19.00 - 20.00 <b>LES MILLS BODYATTACK</b> SUPER KONDI Mirco	18.45 - 19.15 <b>LES MILLS CXWORX</b> Natalie	19.00 - 20.00 <b>LES MILLS BODYPUMP</b> Andreas	18.45 - 19.15 <b>LES MILLS CXWORX</b> Natalie			
	19.00 - 20.00 <b>CYCLEATTACK</b> Adrielle	19.15 - 20.15 <b>LES MILLS BODYCOMBAT</b> Natalie	19.00 - 20.00 <b>CYCLEATTACK</b> Adrielle	19.15 - 19.45 <b>LES MILLS GRIT</b> CARDIO/PLYO 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