

GROUPFITNESS FEEL WELL UNTERWEITERSDORF

| Saal 1 | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------------|---------|----------|---------------------|--------------------------|------------|---------|---------|
| 09:00-09:50 | | | | | | | |
| 10:00-10:50 | Pilates | | Body Fit | | Rücken Fit | | |
| 11:00-11:50 | | | | | | | |
| | | | | | | | |
| 17:00-17:50 | | | | | | | |
| 18:00-18:50 | Yoga | Pilates | HIIT 18:30-19:20 | Body Fit 18:30 -20:10 | | | |