

Gymnastikhalle

Multihalle

Turnhalle

Kursraum C

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

2020 Wintersemesterferien

Weekend Fitness
 wechselnde ÜL
 10:30 - 11:25

deepWork®
 Eva-Maria
 17:00 - 17:55

Cardio & Workout
 Lisa
 17:00 - 17:55

Cardio & Workout
 Inger
 17:00 - 17:55

Core Workout
 Eva-Maria
 17:00 - 17:55

Cardio & Workout
 Stefanie
 17:00 - 17:55

HIIT 2 in 1
 Josi
 17:00 - 17:55

Body Workout
 Anne
 18:00 - 18:55

Body Workout
 Ari
 18:00 - 18:55

Body Workout
 Wencke
 18:00 - 18:55

Cardio Fit
 Laura
 18:00 - 18:55

Cardio & Workout
 Leandra
 18:00 - 18:55

Cardio & Workout
 Kim
 18:00 - 18:55

Tae Bo®
 Sukie
 18:00 - 18:55

deepWork®
 Eva-Maria
 18:00 - 18:55

Fit & Flex
 Lotta
 18:00 - 18:55

Low Impact C&W
 Bernadette
 19:00 - 19:55

Cardio & Workout
 Helen
 19:00 - 19:55

Core Workout
 Julia
 19:00 - 19:55

Body Workout
 Lea
 19:00 - 19:55

Step
 Anna V.
 19:00 - 19:55

Power Fit
 Laura
 19:00 - 19:55

Step'n Style
 Chrissi
 19:00 - 19:55

Core Workout
 Jan-H.
 20:00 - 20:55

HIIT 2 in 1
 Moritz
 20:00 - 20:55

Sonntag

GF meets Yoga
 wechselnde ÜL
 10:00 - 10:55

GF meets Indoor Cycling
 10:30 - 11:45

Weekend Fit
 Sonntags, wechselnde ÜL
 11:00 - 12:00