



| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|---|---|---|---|---|---|---------|
| 09:00 | | | | | | | |
| 10:00 | 9:30 - 11:00 BEST AGER FITNESS <i>Michaela</i> | 9:30 - 11:00 ZUMBA GOLD & STRETCH <i>Peter</i> | 9:30 - 11:00 BEST AGER FITNESS <i>Michaela</i> | ZUMBA GOLD <i>Patricia</i> | 9:30 - 11:00 BODYTONING & STRETCH <i>Karin</i> | 10:00 - 11:30 YOGA <i>Tina</i> | |
| 11:00 | PILATES <i>Michaela</i> | | PILATES <i>Michaela</i> | GESUND-GYMNASTIK <i>Patricia.</i> | | | |
| 12:00 | | | | | | | |
| 13:00 | | | | | | | |
| 14:00 | | | | | HiIT (30 Min.) <i>Astrid</i> | | |
| 15:00 | | | | | dynamisches FASZIEN TRAINING <i>Astrid</i> | | |
| 16:00 | | | | | | | |
| 17:00 | | | 16:30 SOFTWORKOUT <i>Renate B. / ab 18.9.!</i> | | | | |
| 18:00 | 17:30 - 19:00 BODYWORK <i>Renate K.</i> | ZUMBA <i>Peter</i> | | 17:45 - 18:40 ONE♥KOR NRG <i>Renate K.</i> | | | |
| 19:00 | GESUNDER RÜCKEN <i>Gerlinde</i> | BAUCH-BEIN-PO <i>Gabi</i> | 18:45 - 20:15 YOGA <i>Carmen</i> | ab 18:45 TOTAL BODY WORKOUT <i>Renate K.</i> | | | |
| 20:00 | | | | | | | |

Für **Fragen, Wünschen, Beschwerden oder Lob** steht Ihnen gerne die Groupfitness-Leitung per Mail gymnastik@cityandcountry.at zur Verfügung