



vormittags / mittags

nachmittags / abends

MONTAG

9.30 - 10.15
workout

10.15 - 11.00
SOFT FITNESS

11.00 - 11.15
Rücken Express*

17.00 - 18.00
JUMPING FITNESS

18.00 - 18.50
PILATES

19.00 - 20.15
CYCLING

DIENSTAG

9.00 - 10.00
Rücken Vital

10.00 - 11.00
PILATES

17.30 - 18.30
IronCross

18.30 - 19.00
BBP

19.00 - 20.00
ZUMBA

20.00 - 21.15
YOGA

MITTWOCH

9.30 - 10.30
BBRP

11.30 - 12.00
fle-xx*

18.00 - 18.50
CYCLING

19.00 - 20.00
PILATES

20.00 - 21.00
JUMPING FITNESS

DONNERSTAG

9.00 - 10.30
YOGA

18.00 - 18.30
BBP

18.30 - 19.30
ZUMBA

19.45 - 20.30
LANGHANTEL workout

FREITAG

9.00 - 9.45
workout

9.45 - 10.30
stretch&relax

11.00 - 11.15
Bauch Express*

17.00 - 17.15
Rücken Express*

19.00 - 20.15
YOGA

SAMSTAG

10.00 - 11.00
BODY fit

11.00 - 12.00
SOFT FITNESS

12.00 - 13.00
JUMPING FITNESS

SONNTAG

10.30 - 11.45
stretch&relax

12.00 - 12.30
BBP

12.30 - 13.30
ZUMBA

UNSERE ÖFFNUNGSZEITEN

Montag - Freitag
8 - 22 Uhr

Samstag / Sonntag
9 - 18 Uhr

www.vitalis-trittau.de

* = Trainingsfläche ² = Kursraum II

Kursplan gültig ab 01. September 2019.