

TowerPower

Sportclub im TurmCenter

Fitness · Kurse · Gesundheit · Reha



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	9.30-10.15 K YOGA					
10.00-11.00 K BODYFIT	10.15-11.15 K BODYFIT	10.00-11.00 K BODYFIT	10.15-11.00 K PILATES	10.00-11.00 K BODYFIT		
					11.00-12.00 K LES MILLS BODY PUMP	11.00-12.00 FA BODY CROSS
17.30-18.30 K STEP & BURN			17.15-18.00 K YOGA	17.00-18.00 K BODYWORKOUT		
	18.00-19.00 K BODYWORKOUT	18.00-19.00 K STEP & DANCE	18.00-19.00 K LES MILLS BODY PUMP	18.00-19.00 K STRETCH & RELAX		
18.30-19.30 K JUMPING FITNESS	18.30-19.30 FA BODY CROSS		18.30-19.30 FA BODY CROSS			
19.30-20.30 K SCHWINN CYCLING	19.00-20.00 K LES MILLS BODY PUMP	19.00-20.00 K JUMPING FITNESS	19.00-20.00 K SCHWINN CYCLING			

Öffnungszeiten

Montag - Freitag 07:00-22:00
Samstag - Sonntag 09:00-18:00

K: Kursraum
FA: Functional Area

Gültig ab 01.06.2022