**Cuore-Gruppenkurse ab 3. August 2020**

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| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
| Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 2 |
|  | 8.00 -8.50 Reformer | 8.00-8.55 Spiraldynamik Pilates  |  |  | 8.00- 8.50 Reformer  | 7.45-8.45Aero-Reformer  |  | 8.00-8.50 Spiraldynamik Reformer |
| 9.05 -10.00Mixed-Fit |  | 9.10-10.00Reformer-Intervall |   |  | 9.00 – 9.50 Reformer  | 9.00-9.55 R-Gym 50+ |  | 9.05 -10.00Cycle & Tone |
|  | 10.10-11.00Reformer Mobility  |  | 10.10-11.00Sanftes Pilates mit Reformer |  | 10.05-11.00 Vinyasa Yoga | 10.05-11.00Sanftes Pilates  |  |  |
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|  | 17.30-18.25Jump & Reform | 18.00 -18.45HIIT |  |  | 18.00-18.55 Yoga | 18.00-18.55Rücken-Gym | 18.00-18.50 Reformer  |  |
| 18.35 -19.30 Spiraldynamik Pilates  |   |  | 19.00-19.55Jump & Reform | 19.05-20.00Indoor Cycling | 19.10-20.05Jump & Yoga | 19.05- 20.00 Surprise-Fit | 19.10-20.00Reformer |  |
|  | 19.40-20.30Reformer Mobility  |  |  20.10 -21.00 Reformer  |  |  |  | 20.10-21.00Reformer |  |