



Westpark

Samstag, 03.10.2020

(Tag der Deutschen Einheit)

Öffnungszeiten: 08.00 – 21.00 Uhr

Raum 1:

| | | |
|----------------------|---------------------------------|---------------|
| 09.30 – 10.30 | Toning Workout | Anita |
| 10.45 – 11.45 | Jumping Fitness | Anita |
| 15.30 – 16.45 | Body Pump Release United | Sylvia |



BODY COMBAT SPECIAL mit Ilona, Babsi & Ingrid:



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|----------------------|--------------------------------|
| 17.00 – 18.00 | The Unknown Release #83 |
| 18.30 – 19.30 | Release United |

Raum 2:

| | | |
|----------------------|-------------------|---------------|
| 17.00 – 18.00 | Hatha Yoga | Oliver |
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Indoor Cycling:

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|----------------------|--------------------|--------------|
| 09.30 – 10.30 | All Terrain | Marie |
| 10.45 – 11.45 | Ausdauer | Marie |

Einen schönen Feiertag wünscht Euer Life Park Max Team!