Montag

Raum 1	Raum 2	THE BOXX	Spinning
9.30-10:15 Fit-Mix		09.30-10.00 LesMills CXWORX	
10.15-11.15 LesMills BODYBALANCE®			10.25-11.15 Spinning 1
17.15-18.00 LesMills Tone*			
18.00-19.00 LesMills BODYJAM®	18.00-19.00 LesMills BODYBALANCE®	18.15-18.45 LesMills GRIT	18.00-18.50 Spinning 1
19.00-19.30 LesMills CXWORX	19.15-20.00 WSG	19.00-19.30 TRX	19.00-19.50 Spinning Trance
19.30-20.30 LesMills BODYPUMP®	20.00-20.45 Pilates		

Dienstag

Raum 1	Raum 2	THE BOXX	Spinning
9.30-10.15 Fit-Mix		09.30-10.15 LesMills BODYPUMP®	
10.15-11.00 WSG Stretch.		10.30-11.00 LesMills CXWORX	
17.15-18.00 LesMills BODYPUMP®		17.30-18.00 TRX	
18.00-18.45 BBP	19.00-20.00 ZUMBA® fitness	19.00-19.30 Functional Circle	18.00-18.50 Spinning 1
18.45-19.45 LesMills BODYATTACK®	20.00-21.00 WSG Stretch.		19.00-19.50 Spinning 2
19.45-20.45 LesMills BODYCOMBAT®			

Mittwoch

Raum 1	Raum 2	THE BOXX	Spinning
9.15-10.15 BBP	9.15-10.00 Step+Circle		
10.15-11.15 LesMills BODYBALANCE®			10.25-11.15 Spinning 1
17.30-18.15 WSG			
18.15-19.00 LesMills Tone		18.15-18.45 LesMills GRIT	18.00-18.50 Spinning 1
19.00-20.00 LesMills BODYPUMP®	19.00-20.30 YOGA		19.00-19.50 Spinning 1
20.00-21.00 LesMills BODYBALANCE®			

Donnerstag

Raum 1	Raum 2	THE BOXX	Spinning
9.30-10.30 LesMills BODYPUMP®	9.15-10.15 50+		
10.15-11.00 Stretch.		10.30-11.00 TRX	
17.30-18.00 LesMills CXWORX			
18.00-19.00 LesMills BODYATTACK®		18.15-19.00 LesMills BODYPUMP®	18.00-19.00 Heart Rate Spinning
19.00-20.00 LesMills BODYJAM®	19.00-19.45 BBP	19.15-19.45 Functional Circle	
	19.45-20.30 WSG	20.00-20.30 TRX	
	20:30-21:00 Stretching		

Freitag

Raum 1	Raum 2	THE BOXX	Spinning
9.30-10.15 BBP		9.30-10.00 LesMills CXWORX	
10.15-11.00 WSG Stretch.	10.15-11.15 LesMills BODYBALANCE®		10.25-11.15 Spinning 1
17.30-18.00 LesMills CXWORX			
18.00-19.00 LesMills BODYCOMBAT®		18.15-19.00 LesMills Tone	18.00-19.00 Spinning 1
19.05-20.05 LesMills BODYPUMP®	19.15-20.15 LesMills BODYBALANCE®		

Samstag

Raum 1	Raum 2	THE BOXX	Spinning
10.00-10.45 LesMills BODYPUMP®			
11.00-12.00 LesMills BODYATTACK®			11.00-12.00 Heart Rate Spinning

Sonntag

Raum 1	Raum 2	THE BOXX	Spinning
10.00-11.00 LesMills BODYPUMP®	10.15-11.00 WSG		10.00-11.00 Spinning 2
11.05-12.05 LesMills BODYCOMBAT®	17.00-18.30 YOGA		

Kursplan gültig ab 07. Januar 2019
Änderungen der Kurse vorbehalten

BBP= Bauch-Beine-Po
WSG= Wirbelsäulengymnastik

Kräftigung/Straffung
Gesundheit/Rücken

TRX (neu)
Ausdauer/Fettverbrennung

LesMills GRIT
ZUMBA® fitness

LesMills BODYATTACK® · LesMills BODYPUMP® · LesMills BODYJAM® · LesMills BODYVIVE 3.1
LesMills BODYSTEP® · LesMills BODYBALANCE® · LesMills BODYCOMBAT® · LesMills CXWORX