

Montag				Dienstag				Mittwoch				Donnerstag				Freitag				Samstag									
Raum 1	Raum 2	THE BOX	Spinning	Raum 1	Raum 2	THE BOX	Spinning	Raum 1	Raum 2	THE BOX	Spinning	Raum 1	Raum 2	THE BOX	Spinning	Raum 1	Raum 2	THE BOX	Spinning	Raum 1	Raum 2	THE BOX	Spinning						
9.30-10.15 Fit-Mix		09.30-10.00 LES MILLS CXWORX		9.30-10.15 Fit-Mix	8.30-9.15 LES MILLS tone	09.30-10.15 LES MILLS BODYPUMP®		9.15-10.15 BBP	9.15-10.00 Step+Circle	9.30-10.00 TRX		9.30-10.30 LES MILLS BODYPUMP®	9.15-10.15 Fit ab 50			9.30-10.15 BBP		9.30-10.00 LES MILLS CXWORX											
10.15-11.15 LES MILLS BODYBALANCE®		10.25-11.15 Spinning 1		10.15-11.00 WSG Stretch.	10.15-11.15 LES MILLS BODYBALANCE®	10.15-11.00 Dance-Mix		10.25-11.15 Spinning 1	10.15-11.00 Stretch.	10.35-11.05 TRX		10.15-11.00 WSG Stretch.	10.15-11.15 LES MILLS BODYBALANCE®			10.25-11.15 Spinning 1		10.00-10.45 LES MILLS BODYPUMP®						11.00-12.00 Heart Rate Spinning					
17.15-18.00 LES MILLS tone		18.00-19.00 LES MILLS BODYJAM®		18.00-18.50 Spinning 1	17.30-18.15 WSG	17.30-18.15 WSG		18.00-18.50 Spinning 1	18.15-19.00 BBP	18.15-19.00 LES MILLS BODYATTACK®		18.15-19.00 LES MILLS BODYPUMP®	18.00-18.50 Spinning 1			18.00-19.00 LES MILLS BODYCOMBAT®		15.00-16.00 LES MILLS BODYJAM®						16.00-17.00 LES MILLS BODYBALANCE®					
18.00-19.00 LES MILLS BODYJAM®		18.00-19.00 LES MILLS BODYBALANCE®		18.00-18.50 Spinning 1	18.05-18.50 BBP	18.05-18.50 BBP		18.00-18.50 Spinning 1	18.15-19.00 BBP	18.00-19.30 YOGA		18.15-18.45 LES MILLS GRIT	18.00-18.50 Spinning 1			18.15-19.00 LES MILLS BODYATTACK®		18.15-19.00 LES MILLS BODYPUMP®						18.00-19.00 LES MILLS BODYCOMBAT®	18.00-19.00 Spinning 1	10.00-11.00 LES MILLS BODYPUMP®	10.15-11.00 WSG	10.00-11.00 Spinning 2	
19.05-19.35 LES MILLS CXWORX		19.15-20.00 WSG		19.00-19.30 TRX	19.00-19.50 Spinning Trance	18.50-19.50 LES MILLS BODYATTACK®		19.00-20.00 ZUMBA ENERGY	19.00-19.50 Spinning 2	19.00-19.30 LES MILLS CXWORX		19.00-19.30 LES MILLS CXWORX	19.00-19.50 Spinning 1			19.00-19.30 LES MILLS CXWORX		19.00-19.45 BBP						19.15-19.45 Functional Circle	19.05-20.05 LES MILLS BODYPUMP®	19.15-20.15 LES MILLS BODYBALANCE®	11.05-12.05 LES MILLS BODYCOMBAT®		
19.40-20.40 LES MILLS BODYPUMP®		20.00-20.45 Pilates		19.40-20.10 LES MILLS GRIT		19.50-20.50 LES MILLS BODYCOMBAT®		20.00-21.00 WSG Stretch.		19.30-20.30 LES MILLS BODYPUMP®			19.00-19.50 Spinning 1			19.30-20.30 LES MILLS BODYJAM®		19.45-20.30 WSG						20.00-20.30 TRX					
																								20.30-21.00 Stretching					

Sonntag

Raum 1	Raum 2	THE BOX	Spinning

Kursplan gültig ab 03. Oktober 2019
Änderungen der Kurse vorbehalten

BBP= Bauch-Beine-Po
WSG= Wirbelsäulengymnastik

Kräftigung/Straffung ■
Gesundheit/Rücken ■

TRX (neu) ■
Ausdauer/Fettverbrennung ■

