

Montag				Dienstag				Mittwoch				Donnerstag				Freitag				Samstag			
Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning
09.15 - 10.00 BodyPump Live-Workout				9.25 - 10.10 Fit ab 50				9.15 - 10.15 Perfect Body Live-Workout	9.15 - 10.00 Step + Circle			9.25 - 10.10 Fit Mix Live- Workout				9.25 - 10.10 BBP	9.30 - 10.00 LesMills Core						
10.05 - 11.05 BodyBalance Live-Workout			10.25 - 11.15 Spinning1	10.15 - 11.00 WSG							10.25 - 11.15 Spinning1	10.15 - 11.00 Stretch Live-Workout				10.15 - 11.15 WSG/Stretch	10.15 - 11.15 BodyBalance			10.25 - 11.15 Spinning1			
Kursbuchungen über unsere eFit-App und zusätzlich Live-Workout über Zoom-Video-Stream für alle <u>aktiven</u> Mitglieder Zugangsdaten anfordern unter >>> infoworkoutbuehl@t-online.de																							
				17.15 - 18.00 BodyPump Live-Workout						17.15 - 17.45 TRX						18.00 - 18.50 Spinning1	18.00 - 18.30 LesMills Core Live-Workout						
18.00 - 19.00 BodyAttack Live-Workout			18.00 - 18.50 Spinning1	18.10 - 18.55 Perfect Body Live-Workout				18.00 - 19.00 YOGA Live-Workout	18.00 - 19.00 BodyPump			18.00 - 18.50 Spinning1	17.45 - 18.30 BodyPump Live-Workout			18.00 - 18.50 Spinning1	18.00 - 18.30 LesMills Core Live-Workout						
19.10 - 19.40 LesMills Core Live-Workout		19.10 - 19.40 TRX		19.05 - 19.50 LMI Step Live-Workout				19.10 - 20.10 BodyAttack Live-Workout				19.00 - 19.50 Spinning1	18.40 - 19.25 WSG Live-Workout			18.40 - 19.25 BodyCombat Live-Workout							
19.50 - 20.50 BodyPump Live-Workout				20.00 - 21.00 BodyCombat Live-Workout	20.00 - 21.00 WSG								19.35 - 20.25 LMI Step Live-Workout			19.35 - 20.20 BodyBalance Live-Workout	19.30 - 20.30 BodyPump						
				Kräftigung/Straffung				TRX															
BBP = Bauch Beine Po WSG = Wirbelsäulengymnastik				Gesundheit/Rücken				Ausdauer/Fettverbrennung															
												tone				LES MILLS GRIT							
												ZUMBA fitness				LES MILLS BODYJAM							
																LES MILLS BODYPUMP							
																LES MILLS BODYATTACK							
																LES MILLS BODYCOMBAT							
																LES MILLS LMI STEP							
																LES MILLS BODYBALANCE							



Sonntag

Raum 1	Raum 2	The Boxx	Spinning
10.00 - 11.00 BodyPump Live-Workout			10.00 - 11.00 Spinning1
11.10 - 12.10 BodyCombat Live-Workout			