

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
09.00 - 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 BBP Live-Workout				9.25 - 10.10 BBP	9.30 - 10.00 LesMills Core						
10.10 - 11.10 BodyBalance Live-Workout	10.15 - 11.00 BBP		10.25 - 11.15 Spinning1	10.15 - 11.00 WSG							10.25 - 11.15 Spinning1	10.15 - 11.00 BodyPump Live-Workout	10.15 - 11.00 WSG			10.15 - 11.15 WSG/Stretch	10.15 - 11.15 BodyBalance			10.25 - 11.15 Spinning1			
		11.15 - 11.45 TRX											11.10 - 11.40 Stretching										
<p>Neuer Kursplan gültig ab 10. Januar 2022</p> <p>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</p>																							
17.15 - 18.00 BodyPump Live-Workout								17.30 - 18.10 WSG		17.15 - 17.45 TRX													
18.10 - 19.10 BodyAttack Live-Workout	18.10 - 18.40 Grit	18.15 - 18.45 TRX	18.00 - 18.50 Spinning1	17.45 - 18.45 BodyPump Live-Workout	18.05 - 18.45 Perfect Body	18.10 - 18.55 Functional Circl	18.00 - 18.50 Spinning1	18.15 - 19.15 YOGA Live-Workout	18.00 - 19.00 BodyPump		18.00 - 18.50 Spinning1	17.45 - 18.30 BodyPump Live-Workout	18.00 - 18.30 Grit		18.00 - 18.50 Spinning1	18.00 - 18.30 LesMills Core Live-Workout	17.40 - 18.40 LMI Step						
19.15 - 20.15 BodyBalance Live-Workout	19.15 - 20.15 LMI Step			19.00 - 19.45 LesMills Core Live-Workout	19.00 - 19.50 Zumba		19.00 - 19.50 Spinning1	19.20 - 20.20 BodyAttack Live-Workout			19.00 - 20.00 Spinning1	18.40 - 19.25 BBP Live-Workout		18.40 - 19.25 Functional Circl		18.40 - 19.25 BodyCombat Live-Workout							
				19.55 - 20.55 BodyCombat Live-Workout	20.00 - 21.00 WSG											19.35 - 20.35 BodyBalance Live-Workout	19.30 - 20.30 BodyPump						
<p>Kinderbetreuung ab 10. Januar 2022</p> <p>Donnerstag: 09:00 – 12:00 Uhr und 17.00 – 19:30 Uhr // Sonntag 09.00 – 13:00 Uhr</p>																							
BBP = Bauch Beine Po WSG = Wirbelsäulengymnastik				Kräftigung/Straffung				TRX				tone				LES MILLS GRIT				LES MILLS BODYPUMP			
Gesundheit/Rücken				Ausdauer/Fettverbrennung				ZUMBA fitness				LES MILLS BODYJAM				LES MILLS CXWORX				LES MILLS BODYATTACK			
																LES MILLS BODYCOMBAT				LES MILLS LMI STEP			
																				LES MILLS BODYBALANCE			



Gültig ab 10. Januar 2022

Sonntag

Raum 1 Raum 2 The Boxx Spinning

	09.30 - 10.15 WSG		
10.00 - 11.00 BodyPump Live-Workout			10.00 - 11.00 Spinning1
11.10 - 12.10 BodyCombat Live-Workout			