

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
9.25 - 10.10 Perfect Body Live-Workout				9.25 - 10.10 Fit ab 50				9.00 - 10.00 Perfect Body Live-Workout	9.15 - 10.00 Step + Circle			9.25 - 10.10 Perfect Body Live-Workout				9.25 - 10.10 BBP	9.30 - 10.00 LesMills Core						
10.15 - 11.15 BodyBalance Live-Workout			10.25 - 11.15 Spinning1	10.15 - 11.00 WSG				10.10 - 11.10 YOGA Live-Workout			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				
													11.10 - 11.40 Stretching										
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	18.00 - 18.50 Spinning1	18.00 - 18.45 Perfect Body		18.00 - 18.45 Functional Circl	18.00 - 18.50 Spinning1	18.15 - 19.15 BodyPump Live-Workout	18.00 - 19.15 YOGA		18.00 - 18.50 Spinning1	18.00 - 18.45 BodyPump Live-Workout	18.00 - 18.45 BBP	18.00 - 18.30 Grit	18.00 - 18.50 Spinning1	18.00 - 18.45 BodyCombat Live-Workout							
19.15 - 20.15 BodyBalance Live-Workout	19.00 - 19.45 LesMills Core	19.00 - 19.30 TRX		18.50 - 19.20 LesMills Core Live-Workout	19.00 - 19.50 Zumba						19.00 - 20.00 Spinning1		19.00 - 20.00 WSG/Stretch	18.50 - 19.35 Functional Circl		18.55 - 19.25 LesMills Core Live-Workout							
				19.25 - 20.25 BodyCombat Live-Workout	20.00 - 21.00 WSG											19.30 - 20.15 BodyBalance Live-Workout	19.00 - 20.00 BodyPump						
BBP = Bauch Beine Po WSG = Wirbelsäulengymnastik				Kräftigung/Straffung				TRX				tone				LES MILLS GRIT				LES MILLS BODYATTACK			
				Gesundheit/Rücken				Ausdauer/Fettverbrennung				ZUMBA fitness				LES MILLS BODYPUMP				LES MILLS BODYCOMBAT			
																LES MILLS CXWORX				LES MILLS LMI STEP			
																LES MILLS BODYJAM				LES MILLS BODYBALANCE			

Neuer Kursplan ab 20. März



Gültig ab 20. März, 2023

Kinderbetreuung
 Donnerstag: 17.00 – 19:30 Uhr
 Sonntag 09.00 – 13:00 Uhr

Kursbuchungen über unsere eFit-App und
 zusätzlich Live-Workout über Zoom-Video-Stream
 für alle aktiven Mitglieder,
 Zugangsdaten anfordern unter >>>
infoworkoutbuehl@t-online.de

Sonntag

Raum 1	Raum 2	The Boxx	Spinning
10.00 - 11.00 BodyPump Live-Workout	10.15 - 11.00 WSG		10.00 - 11.00 Spinning1
11.10 - 12.10 BodyCombat Live-Workout	11.10 - 12.10 YOGA		