Montag

Raum 1	Raum 2	The Boxx	Spinning
9.15 - 10.15 Perfect Body Live-Workout			
10.15 - 11.15 BodyBalance Live-Workout			10.25 - 11.15 Spinning
17.15 - 18.00 BodyPump Live-Workout			
18.10 - 19.10 BodyAttack Live-Workout	18.15 - 19.00 Perfect Body	18.10 - 18.40 Grit	18.00 - 18.50 Spinning
19.15 - 20.15 BodyBalance Live-Workout			

Dienstag

Raum 1	Raum 2	The Boxx	Spinning
9.30 - 10.15 Fit ab 50	09.15 - 10.15 BodyPump		
10.15 - 11.00 WSG			
18.00 - 18.45 Perfect Body		Sommer-Pause 18.10 - 18.45 Functional Circel	18.00 - 18.50 Spinning
18.50 - 19.20 LesMills Core Live-Workout	19.00 - 19.50 Zumba		19.00 - 19.50 Spinning Sommer-Pause
19.25 - 20.25 BodyCombat Live-Workout	20.00 - 21.00 WSG		

Mittwoch

Raum 1	Raum 2	The Boxx	Spinning
9.15 - 10.00 Perfect Body Live-Workout	9.15 - 10.00 Step + Circle		
17.30 - 18.10 WSG			10.25 - 11.15 Spinning
18.15 - 19.15 BodyPump Live-Workout	18.00 - 19.15 YOGA		18.00 - 18.50 Spinning

Donnerstag

Raum 1	Raum 2	The Boxx	Spinning
9.15 - 10.00 Perfect Body Live-Workout			
10.00 - 10.45 WSG			
10.45 - 11.15 Stretching			
18.00 - 18.45 BodyPump Live-Workout	18.00 - 19.00 Full Body	18.00 - 18.30 Grit	18.00 - 18.50 Spinning
19.00 - 20.00 Classic Step		18.50 - 19.35 Functional Circel	

Freitag

Raum 1	Raum 2	The Boxx	Spinning
9.30 - 10.15 BBP	9.15 - 10.00 Body Pump		
10.15 - 11.15 WSG/Stretch	10.15 - 11.15 BodyBalance		10.25 - 11.15 Spinning
18.00 - 18.45 BodyCombat Live-Workout			
18.55 - 19.25 LesMills Core Live-Workout	19.00 - 20.00 Body Pump		
19.30 - 20.15 BodyBalance Live-Workout			

Samstag

Raum 1	Raum 2	The Boxx	Spinning

WORKOUT
Fitness • Gesundheit • Wellness • Tanz

Gültig ab 01.Juli 2024

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

Kursbuchungen über unsere MySports-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 Spinning
11.10 - 12.10 BodyCombat Live-Workout	11.10 - 12.10 YOGA		

BBP = Bauch Beine Po
WSG = Wirbelsäulengymnastik

Kräftigung/Straffung

Gesundheit/Rücken

TRX

Ausdauer/Fettverbrennung

tone, ZUMBA fitness, LesMills GRIT, LesMills BODYJAM, LesMills BODYPUMP, LesMills CXWORX, LesMills BODYATTACK, LesMills BODYCOMBAT, LesMills LMI STEP, LesMills BODYBALANCE