












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	
9.15 - 10.15 Perfect Body Live-Workout				9.30 - 10.15 Fit ab 50	09.15 - 10.15 BodyPump			9.00 - 09.45 Perfect Body Live-Workout	9.15 - 10.00 Step + Circle			9.15 - 10.00 Perfect Body Live-Workout				9.30 - 10.15 BBP	9.00 - 10.00 Body Pump							
10.15 - 11.15 BodyBalance Live-Workout			10.25 - 11.15 Spinning	10.15 - 11.00 WSG	10.20 - 11.05 LesMills Shapes			09.45 - 10.15 LesMills Pilates Live-Workout			10.25 - 11.15 Spinning	10.00 - 10.45 WSG				10.15 - 11.15 WSG/Stretch	10.15 - 11.15 BodyBalance						10.25 - 11.15 Spinning	
				Geänderte Kurszeit									10.45 - 11.15 Stretching			Geänderte Kurszeit								
17.15 - 18.00 BodyPump Live-Workout								17.30 - 18.10 WSG				17.30 - 18.00 LesMills Pilates Live-Workout												
18.10 - 19.10 BodyAttack	18.15 - 19.00 Perfect Body	18.10 - 18.40 Grit	18.00 - 18.50 Spinning	18.00 - 18.45 Perfect Body		18.00 - 18.45 Functional Circl	18.00 - 18.50 Spinning	18.15 - 19.15 BodyPump Live-Workout	18.00 - 19.15 YOGA		18.00 - 18.50 Spinning	18.00 - 18.45 BodyPump Live-Workout	18.00 - 19.00 Full Body	18.00 - 18.30 Grit	18.00 - 18.50 Spinning	18.00 - 18.45 BodyCombat Live-Workout								
19.15 - 20.15 BodyBalance Live-Workout				18.50 - 19.20 LesMills Core Live-Workout	19.00 - 19.50 Zumba		19.00 - 19.50 Spinning					19.00 - 20.00 Classic Step		18.50 - 19.35 Functional Circl		18.55 - 19.25 LesMills Core Live-Workout	19.00 - 20.00 Body Pump							
				19.25 - 20.25 BodyCombat Live-Workout	20.00 - 21.00 WSG							20.00 - 21.00 Zumba				19.30 - 20.15 BodyBalance Live-Workout								
BBP = Bauch Beine Po WSG = Wirbelsäulengymnastik				Kräftigung/Straffung					Ausdauer/Fettverbrennung				   				   				  			



Kursplan ab 04.Nov. 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		

