



KURSPLAN



PHYSIO-FIT



GRUPPE-AKTIV



FIGUR-FIT



ANTI-STRESS

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Sonntag
Kursraum		Kursraum		Kursraum		Kursraum		Kursraum		Kursraum
07:00 – 07:45 ● RückenFit		06:30 – 07:30 ● Cycling		06:45 – 07:30 ● RückenFit		06:00 – 06:45 ● FitMix		06:30 – 07:00 ● Aerosling®		
08:00 – 08:30 ● Aerosling®				08:00 – 08:30 ● Aerosling®				07:00 – 08:00 ● Bodyforming		
08:30 – 09:00 ● Bauch, Beine, Po					08:30 – 09:00 ● Fatburner Circle*					09:45 – 10:15 ● Aerosling®
09:00 – 09:30 ● In-Shape		09:00 – 09:30 ● Bauch, Beine, Po		09:00 – 10:00 ● Pilates		09:30 – 10:15 ● Bauch, Beine, Po		09:00 – 09:30 ● Bauch, Beine, Po		10:30 – 11:00 ● Bauch, Beine, Po
	09:45 – 10:15 ● Fatburner Circle*	09:30 – 10:30 ● Bodyforming	10:30 – 10:50 ● Galileo**	10:00 – 10:30 ● Stretching			10:00 – 10:30 ● Fatburner Circle*	09:30 – 10:30 ● RückenFit		11:00 – 12:00 ● Bodyforming
						Damensauna 15:00 – 21:30 Uhr				
17:00 – 17:30 ● Bauch, Beine, Po		17:00 – 17:30 ● Aerosling®		17:00 – 17:45 ● Power Cycling		17:15 – 17:45 ● Bauch, Beine, Po		17:00 – 17:30 ● Faszien-Training		
17:30 – 18:30 ● Yoga	18:00 – 18:30 ● Fatburner Circle*	17:30 – 18:15 ● Power Dumbell		18:00 – 18:30 ● Bauch, Beine, Po		17:45 – 18:30 ● RückenFit		17:30 – 18:30 ● Pilates		
18:30 – 19:30 ● Aerobic		18:15 – 19:00 ● Power Cycling	18:30 – 19:00 ● Fatburner Circle*	18:30 – 19:30 ● Anfänger Step	18:30 – 19:00 ● Fatburner Circle*	18:30 – 19:30 ● Drilling®		18:30 – 19:15 ● Zumba®		
19:30 – 20:30 ● Step Aerobic		19:30 – 20:30 ● In-shape	19:00 – 19:20 ● Galileo**	19:30 – 20:30 ● Yoga		19:30 – 20:30 ● Yoga		19:15 – 20:00 ● X-Do		
20:30 – 21:15 ● Power Cycling								20:00 – 21:00 ● Cycling		

KURSPLAN GÜLTIG AB DEM 07.01.2019

* Trainingsfläche ** Im Galileo Raum

● PHYSIO-FIT ● GRUPPE-AKTIV ● FIGUR-FIT ● ANTI-STRESS