

KURSPLAN - RAUM 1

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.15 - 10.00 LES MILLS TONE	08.00 - 08.45 RÜCKEN FIT	09.00 - 09.45 BODY BALANCE	09.00 - 09.45 BODY PUMP	09.00 - 09.30 BODY PUMP	09.45 - 10.15 GRIT STRENGHT	09.30 - 10.15 BODY PUMP
	09.00 - 09.45 BODY PUMP		10.00 - 10.45 REHA SPORT	09.30 - 10.00 BODY STEP	10.30 - 11.15 BODY COMBAT	
				10.00 - 10.30 BODY BALANCE		
16.30 - 17.15 REHA SPORT						
17.20 - 17.50 GRIT STRENGHT	17.00 - 17.45 BODY BALANCE	16.30 - 17.15 REHA SPORT	17.15 - 18.00 RÜCKEN FIT	16.00 - 16.45 BODY PUMP	16.00 - 16.45 BODY PUMP	
18.00 - 18.45 BODY PUMP	18.00 - 18.45 BODY COMBAT	18.15 - 18.45 BODY PUMP	18.15 - 19.00 BODY ATTACK	17.00 - 17.45 BODY BALANCE	17.00 - 17.30 LES MILLS CORE	
19.00 - 19.45 BODY STEP	19.00 - 19.45 BODY PUMP	19.00 - 19.45 LES MILLS TONE	19.15 - 20.00 BODY PUMP			
20.00 - 21.00 BODY BALANCE	20.00 - 20.30 LES MILLS CORE	20.00 - 20.45 BODY COMBAT				

KURSPLAN - RAUM 2 / FUNCTIONAL

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08.15 - 09.00 FUNCTIONAL TRAINING	08.00 - 10.00 OPEN GYM	09.00 - 10.30 OPEN GYM	09.00 - 11.00 OPEN GYM	09.00 - 10.30 OPEN GYM	09.45 - 11.30 OPEN GYM	10.30 - 11.15 FUNCTIONAL TRAINING
09.00 - 10.00 OPEN GYM						
		17.25 - 17.55 BOOTY WORKOUT		16.00 - 17.45 OPEN GYM		
18.15 - 18.45 LES MILLS CORE	18.00 - 19.00 FUNCTIONAL TRAINING	18.00 - 19.00 FUNCTIONAL TRAINING	17.15 - 18.00 FUNCTIONAL TRAINING		16.00 - 17.30 OPEN GYM	
19.00 - 21.00 OPEN GYM	19.15 - 20.30 OPEN GYM	19.00 - 21.00 OPEN GYM	18.15 - 20.00 OPEN GYM			

**Functional Training
nur mit Anmeldung**

Anmeldung
zu den Kursen



KURSPLAN - RAUM 3 / CYCLING

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:15 - 09:00 RPM VIRTUELL		09:00 - 09:45 THE TRIP VIRTUELL				09:30 - 10:15 THE TRIP VIRTUELL
09:00 - 09:45 THE TRIP VIRTUELL		10:00 - 10:30 sprint VIRTUELL	10:00 - 10:45 THE TRIP VIRTUELL	09:40 - 10:15 THE TRIP VIRTUELL		
					16:00 - 16:45 THE TRIP VIRTUELL	16:00 - 16:45 RPM VIRTUELL
	17:30 - 18:15 THE TRIP VIRTUELL				17:00 - 17:30 sprint VIRTUELL	
			18:15 - 19:00 THE TRIP VIRTUELL			
19:00 - 19:45 THE TRIP VIRTUELL	19:15 - 19:45 sprint VIRTUELL	19:00 - 19:45 RPM VIRTUELL				

**Cycling nur
mit Anmeldung**