



Kursplan Raum 1 / Groupfitness

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.15-09.45 Les Mills CORE	08.00-08.45 Rücken Fit	09.000-09.45 Body Balance	09.00-09.45 Body Pump	09.00-09.30 Body Pump	09.45-10.15 Grit Strength	09.30-10.15 Body Pump
	09.00-09.45 Body Pump	10.00-10.30 Body Attack	10.00-10.45 Reha Sport	09.30-10.00 Les Mills TONE	10.30-11.15 Body Combat	10.30-11.15 Body Balance
				10.00-10.30 Body Balance		
16.30-17.15 Reha Sport						
17.20-17.50 Grit Strength	17.00-17.45 Body Balance	16.00 -16.45 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		
19.00-19.45 Body Step	19.00-19.45 Body Pump	19.00-19.45 Les MillsTONE	19.15-20.00 Body Pump			
	20.00-20.30 Les Mills CORE					



Kursplan Raum 2 /Functional

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08.15-09.00 Functional Training	08.00-11.00 Open Gym	09.00-10.30 Open Gym	09.00-11.00 Open Gym	07.45-11.00 Open Gym	09.30-11.45 Open Gym	10.30-11.15 Functional Training
09.00-10.30 Open Gym						10.15-11.30 Open Gym
						
16.15-18.15 Open Gym	17.00-17.45 Reha Sport Zirkel	16.00-17.20 Open Gym	17.15-20.00 Open Gym	16.00-19.00 Open Gym	16.00-18.00 Open Gym	17.00-17.45 Functional Training
18.15-18.45 Les Mills CORE	18.00-18.45 Functional Training	17.25-17.55 Booty Training	17.15-18.00 Functional Training	17.00-17.30 Grit Cardio		17.45-19.00 Open Gym
18.45-21.00 Open Gym	19.00-21.00 Open Gym	18.00-18.45 Functional Training	18.00-21.00 Open Gym			
		19.00-21.00 Open Gym				

Kursplan Raum 3/Cycling

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08.15-09.00 RPM Virtual	08.00-08.45 The Trip Virtual	09.00-10.45 The Trip Virtual				09.30-10.15 The Trip Virtual
09.05-9.45 The Trip Virtual		10.00-10.30 SPRINT	10.00-10.45 The Trip Virtual	09.40-10.15 The Trip Virtual		
	17.30-18.15 The Trip Virtual			16.00-16.45 The Trip Virtual	16.00-16.45 The Trip Virtual	17.45-18.30 The Trip Virtual
19.00-19.45 The Trip LIVE	19.15-19.45 RPM LIVE	19.00-19.45 RPM Virtual	18.15-19.00 The Trip LIVE	17.00-17.30 SPRINT		
20.00-20.45 RPM Virtual			20.00-20.45 RPM Virtual			

