

Kursplan free- Gesundheitszentrum gültig ab 03.02.2020

Montag

G2	09:15	Body Shape & Tone	60 min
G1	09:30	Dance Fitness Gold	45 min
G1	10:15	Rückenfit	45 min

F	17:00	BodyCROSS®	60 min
G2	17:00	Fatburner Jumping *	60 min
G1	17:15	Rückenfit	45 min
G1	18:00	Iron Pump	60 min
G3	18:00	Fatburner Cycling *	45 min
G2	18:15	Zumba® Gold Toning	45 min
G1	19:00	Zumba® Fitness	60 min
G3	19:00	Indoor Cycling *	60 min
G2	19:15	Juming Fitness *	45 min
G1	20:00	Piloxing® Knockout	45 min
G2	20:00	Mobility	30 min

Donnerstag

G1	09:30	Body Shape power	60 min
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G2	16:00	Jumping Kids 8-12 J.	60 min
G2	17:00	Mobility	30 min
G1	17:15	Zumba Gold	45 min
G2	17:30	Jumping Fitness *	60 min
G1	18:00	Strong by Zumba®	60 min
G2	18:30	Pilates	45 min
G3	18:30	Fatburner Cycling *	60 min
F	18:30	BodyCROSS®	60 min
G1	19:00	Yoga	90 min
G3	19:30	Indoor Cycling *	60 min
G2	20:00	Fatburner Jumping *	60 min
G1	20:30	Athletic Circle	30 min

Dienstag

G1	09:30	Body Shape light	60 min
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G1	16:30	Energie Bärchen*5-7 J.	60 min
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F	17:45	BodyCROSS®	60 min
G2	17:45	Jumping Fitness *	60 min
G1	18:00	Wirbelsäulen Gymnastik	60 min
G3	18:15	Indoor Cycling *	60 min
G2	18:45	Piloxing® SSP	60 min
G1	19:00	Rückenfit	60 min
G2	19:45	Athletic Circle	30 min
G1	20:00	Krav Maga Fitness	60 min

Freitag

G1	09:00	Yoga	90 min
G2	09:30	Body Shape & Tone	60 min
G1	10:30	Mobility	30 min

F	16:00	BodyCROSS®Kids 8-12 J.	60min
G3	16:00	Indoor Cycling *	60 min
G1	16:30	Fatburner Step	30 min
G1	17:00	Step Choreo	60 min
G2	17:30	Rücken und Bauch	45 min
G1	18:30	Tabata Pump	60 min

Mittwoch

G3	08:30	Fatburner Cycling *	45 min
G1	09:30	Pilates	60 min
G2	10:00	Zumba® Gold	30 min
G1	10:30	Zumba®	60 min
F	15:30	BodyCROSS®Kids*8-12J.	60 min
G2	15:30	Jumping Fitness *	60 min
G1	17:00	Body Toning	60 min
G2	17:30	Faszien Training	30 min
G1	18:00	Iron Pump	60 min
G2	18:00	Black Roll	30 min
G2	18:30	Zumba® Fitness	60 min
G1	19:00	Body Shape & Tone	60 min
G2	19:30	Jumping Fitness *	60 min
F	20:30	BodyCROSS®	60 min
G1	20:00	Mobility	30 min

Samstag

G1	10:30	Dance Fitness	60 min
G2	10:30	Jumping Fitness *	60 min
G2	11:30	Iron Pump	30 min

Sonntag

G1	10:00	Surprise Sunday	90 min
F	11:00	BodyCROSS®	60 min

Legende

	Gesundheit/ Entspannung
	Ausdauer / Abnehmen
	Kräftigung/ Straffung
	Kraft und Ausdauer
	Kinderkurse (nur mit Anmeldung)
F	Functional Area
G1	Großer Kursraum
G2	Kleiner Kursraum
G3	Cycling Raum
*	Anmeldung am selben Tag

