

KURSPLAN



gültig ab 01.01.2020

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
Kursraum	Energieraum	Kursraum	Energieraum	Kursraum	Energieraum	Kursraum	Energieraum	Kursraum	Energieraum	Kursraum	Energieraum	Kursraum	Energieraum
9.00 (60min) LesMills BodyPump	09.00 (60min) Rückenfitness	09.00 (60min) Zumba		9.00 (60min) Fit in Shape	9.30 (60min) Zumba	09.00 (60min) LesMills BodyPump		09.00 (60min) Zumba		Dance Step Event			09.30 (60min) Faszienfitness
	10.00 (60min) Zumba	10.40 (20min) Vitalzirkel Stretching	10.00 (75min) Yoga	10.00 (60min) Pilates	10.30 (60min) EasyYoga		10.15 (50min) Indoorcycling*	10.00 (60min) LesMills BodyBalance	10.40 (20min) Vitalzirkel Stretching	wird gesondert angekündigt		10.00 (60min) LesMills BodyPump	10.30 (90min) Yoga
11.00 (60min) Rückenfitness		11.15 (60min) Faszienfitness + BALLance		11.00 (60min) Rückenfitness		13.30 (60min) Rückenfitness		11.10 (60min) Rückenfitness	11.15 (60min) Yoga			11.00 (60min) LesMills LMI Step	
							16.50 (60min) Indoorcycling*						
17.15 (30min) Core + 17.45 (60min) LMI Step		17.00 (60min) LesMills BodyBalance		17.55 (60min) LesMills BodyPump	17.00 (60min) Pilates	17.45 (60min) LesMills LMI Step	17.50 (60min) Indoorcycling*	16.45 (75min) Fit in Shape PLUS	17.30 (60min) Rückenfitness	16.00 (60min) Fit in Shape PLUS		16.00 (60min) LesMills BodyPump +	16.00 (90min) Yoga
		18.00 (60min) LesMills BodyPump	18.00 (60min) Indoorcycling*	19.00 (60min) LesMills BodyCombat	18.00 (60min) Yoga	19.00 (60min) Pezzi-Rücken- Fit	19:00 (60min) LesMills BodyBalance	18.00 (60min) Zumba	18.30 (60min) LesMills BodyBalance	17.15 (60min) LesMills BodyAttack	17:00 (60min) LesMills BodyBalance	17.00 (30min) Core	
18:45 (60min) LesMills BodyPump	18.30 (50min) LesMills BodyBalance flex	19.10 (60min) LesMills BodyCombat		20:00 (60min) LesMills BodyBalance		20.00 (75min) LesMills BodyPump +	Core	19.00 (60min) LesMills BodyCombat		18.15 (60min) LesMills BodyPump	18.15 (75min) Indoorcycling*	17.45 (60min) LesMills BodyCombat	
20:00 (60min) LesMills BodyJam	19.30 (60min) Indoorcycling*	20.10 (60min) Zumba											
Functional	Training	Functional	Training	Functional	Training	Functional	Training	Functional	Training	Functional	Training	Functional	Training
10.00 (60min) Faszienfitness + BALLance		10.00 (60min) Functional Training	09.30 (70min) Vitalzirkel			10.15 (60min) Faszien & BALLance		10.00 (60min) Functional Training	09.30 (70min) Vitalzirkel				
18.30 (30min) Functional Training		18.30 (30min) Functional Training				18.30 (30min) Functional Training							

bei mit * gekennzeichneten Kursen ist eine Voranmeldung erforderlich - Cyclingräder können 24 Stunden vor Kursbeginn, online reserviert werden