

# Kursplan

Gültig ab 01.01.2012

**POINT**  
Sports.Wellness.Club  
Dieselstr. 2  
70839 Gerlingen

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www.point-sports.de  
E-Mail: info@point-sports.de

Kinderbetreuung:  
Mo - Do: 9.00 - 12.00  
Fr: 8.30 - 12.00  
So: 9.00 - 13.30

Öffnungszeiten:  
Mo - Fr: 06.45 - 00.30  
Sa, So, Ft: 08.45 - 21.00



| Montag                             |                           |                                  | Dienstag                    |                      |        | Mittwoch                    |                      |                     | Donnerstag                   |                      |                                  | Freitag                    |                           |                                  | Samstag                    |                           | Sonntag                     |                           |
|------------------------------------|---------------------------|----------------------------------|-----------------------------|----------------------|--------|-----------------------------|----------------------|---------------------|------------------------------|----------------------|----------------------------------|----------------------------|---------------------------|----------------------------------|----------------------------|---------------------------|-----------------------------|---------------------------|
| Saal 1                             | Saal 2                    | Saal 3                           | Saal 1                      | Saal 2               | Saal 3 | Saal 1                      | Saal 2               | Saal 3              | Saal 1                       | Saal 2               | Saal 3                           | Saal 1                     | Saal 2                    | Saal 3                           | Saal 1                     | Saal 2                    | Saal 1                      | Saal 2                    |
|                                    |                           |                                  | 8.10-9.10<br>Body Pump      | 7.00-07.50<br>Cycle  |        |                             |                      |                     |                              |                      |                                  |                            |                           |                                  |                            |                           |                             |                           |
| 9.30-10.20<br>Step 1<br>Fatburner  | 9.30-10.20<br>Cycle       |                                  | 9.15-10.05<br>BBP           |                      |        | 9.15-10.05<br>Wirbelsäule   |                      | 09.15-10.30<br>Yoga | 9.05-9.25<br>Bauchkiller     |                      |                                  | 9.00-10.00<br>Body Pump    |                           | 9.00-10.00<br>Pilates 1          |                            |                           |                             |                           |
| 10.30-11.30<br>Pilates 2           |                           | 10.30-11.30<br>Pilates 1         | 10.10-11.00<br>Step 2       |                      |        | 10.10-10.30<br>Bauchkiller  |                      |                     | 9.30-10.20<br>Step Intervall |                      |                                  | 10.10-10.30<br>Bauchkiller |                           | 10.10-11.10<br>Yoga              |                            |                           | 10.15-11.05<br>Step 2       | 10.15-11.30<br>Long-Cycle |
|                                    |                           |                                  |                             |                      |        | 10.40-11.40<br>Body Balance |                      |                     | 10.30-11.30<br>Fit und Aktiv | 10.30-11.20<br>Cycle |                                  | 10.35-11.35<br>Zumba       |                           |                                  |                            |                           | 11.10-12.00<br>BBP          |                           |
| 13.30-14.30<br>Fit und Aktiv       |                           |                                  |                             |                      |        | 15.00-15.50<br>Wirbelsäule  |                      |                     |                              |                      |                                  | 15.00-15.50<br>Wirbelsäule |                           |                                  | 15.20-16.20<br>Zumba       | 15.00-16.15<br>Long-Cycle | 16.00-17.00<br>Body Pump    |                           |
| 18.00-18.50<br>Bodyform            |                           | 18.00-19.00<br>AntiGravity Yoga* |                             |                      |        | 16.15-17.30<br>Fit Kids     |                      |                     |                              |                      |                                  | 16.15-17.30<br>Fit Kids    |                           |                                  | 16.30-16.50<br>Bauchkiller |                           | 17.10-17.25<br>Bauchkiller  |                           |
| 19.00-19.50<br>Step 1<br>Fatburner | 18.30-19.45<br>Long-Cycle | 19.15-20.05<br>Wirbelsäule       | 18.45-19.05<br>Bauchkiller  | 18.45-19.35<br>Cycle |        | 18.15-19.05<br>Bodyform     | 18.15-19.05<br>Cycle |                     | 18.00-19.00<br>Body Pump     |                      | 18.00-19.00<br>Tai Chi & Qi Gong | 18.15-19.15<br>Step 2      | 18.15-19.30<br>Long-Cycle | 18.00-19.00<br>AntiGravity Yoga* |                            |                           | 17.30-18.30<br>Body Balance |                           |
| 20.00-21.00<br>Body Pump           | Ab 20.15<br>Krav Maga*    | 20.15-21.15<br>Yoga              | 19.10-20.10<br>Zumba        | 19.45-20.35<br>Cycle |        | 19.10-20.10<br>Step 3       | 19.15-20.05<br>Cycle |                     | 19.10-20.10<br>Body Combat   | 19.15-20.05<br>Cycle | 19.15-20.05<br>BBP               | 19.20-19.40<br>Bauchkiller | ab 20.00<br>Krav-Maga     | 19.10-20.10<br>Yoga              |                            |                           |                             |                           |
| 21.05-21.50<br>Body Combat         |                           |                                  | 20.15-21.15<br>Body Balance |                      |        | 20.15-21.15<br>Body Pump    |                      |                     | 20.15-21.15<br>Zumba         | 20.15-21.05<br>Cycle | 20.15-21.15<br>Pilates 1         | 19.45-20.45<br>Body Pump   |                           |                                  |                            |                           |                             |                           |

Step / Pilates 1= Leicht

Step / Pilates 2= Mittel

Step 3= Fortgeschritten

Pump, Cycling und AntiGravity Yoga mit Voranmeldung

\*Kostspflichtiger Kurs

|   |   |   |   |   |  |  |
|---|---|---|---|---|--|--|
| <b>milon Zirkel</b><br>09:00 - 13:00 Uhr<br>13:30 - 21:30 Uhr | <b>milon Zirkel</b><br>09:00 - 13:00 Uhr<br>13:30 - 21:30 Uhr | <b>milon Zirkel</b><br>09:00 - 13:00 Uhr<br>13:30 - 21:30 Uhr | <b>milon Zirkel</b><br>09:00 - 13:00 Uhr<br>13:30 - 21:30 Uhr | <b>milon Zirkel</b><br>09:00 - 13:00 Uhr<br>13:30 - 21:30 Uhr | <b>milon Zirkel</b><br>14:30 - 17:00 Uhr | <b>milon Zirkel</b><br>10:00 - 17:00 Uhr |
|---|---|---|---|---|--|--|