

KURSPLAN

gültig ab 15.04.2024

Öffnungszeiten:

Mo – Fr: 06.00 – 24.00 Uhr
Sa, So, Ft: 08.45 – 22.00 Uhr

Kinderbetreuung:

Mo – Do: 09.00 – 12.00 Uhr
Do: 17.15 – 20.30 Uhr
Fr: 08.45 – 12.00 Uhr
So + Ft: 09.30 – 13.00 Uhr



MONTAG				DIENSTAG				MITTWOCH				DONNERSTAG				FREITAG				SAMSTAG			SONNTAG		
Saal 1	Saal 2	Saal 3	Saal 4	Saal 1	Saal 2	Saal 3	Saal 4	Saal 1	Saal 2	Saal 3	Saal 4	Saal 1	Saal 2	Saal 3	Saal 4	Saal 1	Saal 2	Saal 3	Saal 1	Saal 2	Saal 3				
				07:00 – 07:50 Cycle																					
								08:00 – 09:00 LES MILLS BODYPUMP				07:50 – 08:50 Cycle				08:05 – 08:55 Jumping									
				09:10 – 10:00 BBP				09:10 – 10:00 Wirbelsäule				09:05 – 09:55 Bodyforming				09:05 – 10:05 LES MILLS BODYPUMP									
08:15 – 09:05 Jumping Mix				08:45 – 09:15 Power Walking				09:15 – 10:30 Hatha Yoga				09:10 – 09:40 Power Walking				09:10 – 10:00 Pilates									
09:20 – 10:20 LES MILLS BODYPUMP				10:10 – 11:00 Step 2				10:05 – 10:35 LES MILLS CORE				10:05 – 10:55 Fit & Aktiv				10:15 – 11:15 ZUMBA				10:00 – 10:50 Jumping			10:10 – 11:00 Cardio Mix		
09:30 – 10:20 Fatburner				10:10 – 11:10 Vinyasa Yoga				10:40 – 11:40 LES MILLS BODYBALANCE								10:10 – 10:30 Bauchkiller				10:15 – 11:30 Cycle Long			10:15 – 11:30 Cycle Long		
10:30 – 11:30 Pilates																10:35 – 11:50 Vinyasa Yoga							11:10 – 12:00 Bodyforming		
								15:00 – 15:50 Wirbelsäule								15:00 – 15:50 Wirbelsäule									
								17:00 – 17:50 Pilates				16:45 – 17:45 Aerial Yoga				17:30 – 18:00 LES MILLS CORE				16:30 – 17:00 LES MILLS CORE			16:30 – 17:30 LES MILLS BODYPUMP		
18.05 – 18.40 Functional Training (Area)				17:30 – 18:30 LES MILLS BODYPUMP				18:00 – 18:50 Bodyforming				17:05 – 17:55 LES MILLS APTA				17:00 – 17:50 Pilates				17:05 – 18:05 LES MILLS BODYCOMBAT			17:40 – 18:10 LES MILLS CORE		
18:00 – 19:00 LES MILLS BODYPUMP				18:00 – 18:55 LES MILLS BODYATTACK				18:00 – 18:50 Jumping				18:05 – 19:00 LES MILLS BODYATTACK				18:30 – 19:05 Functional Training (Area)				18:15 – 19:15 LES MILLS BODYBALANCE					
18:15 – 19:05 Step 1-2 Fatburner				18:00 – 19:10 Cycle				18:00 – 19:15 Cycle Long				18:10 – 19:10 Cycle				18:20 – 19:20 Dance Modern Ballet				18:20 – 19:10 Jumping			18:00 – 19:00 Aerial Yoga		
19:10 – 20:00 Wirbelsäule				19:00 – 20:00 LES MILLS BODYCOMBAT				19:05 – 19:25 Bauchkiller				19:15 – 20:15 LES MILLS BODYCOMBAT				19:25 – 20:25 LES MILLS BODYPUMP				19:25 – 20:25 Stretch & Relax Yoga					
19:15 – 19:45 LES MILLS CORE				19:40 – 20:40 ZUMBA				19:00 – 20:00 Step 2				20:15 – 21:15 ZUMBA													
19:20 – 19:50 Power Walking				19:45 – 20:35 Cycle																					
20:10 – 21:10 Vinyasa Yoga								19:35 – 20:35 LES MILLS BODYPUMP																	
7.00 – 22.00 Trainingsbetreuung				7.00 – 22.00 Trainingsbetreuung				7.00 – 22.00 Trainingsbetreuung				7.00 – 22.00 Trainingsbetreuung				7.00 – 22.00 Trainingsbetreuung				9.30 – 19.00 Trainingsbetreuung			9.30 – 19.00 Trainingsbetreuung		

Alle Kurse mit Voranmeldung.