KURSPLAN

gültig ab 01.11.2024

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

Jetzt POINT-App downloaden für alle Kursinfos!

POINT sports.wellness.club

MONTAG

Saal 1	Saal 2	Saal 3	Saal 4
	08:15 – 09:05 Jumping Mix	08:45 – 09:15 Power Walking	
09:20 – 10:20 LesMills BODYPUMP	09:30 – 10:20 Fatburner		
10:30 – 11:30 Pilates	10:30 – 11:20 Wirbelsäule		
17:00 – 17:50 LesMills Shapes			
18.05 – 18.40 Functional Training (Area)			
18:00 – 19:00 LesMills BODYPUMP	18:15 – 19:05 Step 1-2 Fatburner	18:10 – 19:10 Cycle	18:00 – 19:00 Aerial Yoga
19:10 – 20:00 Wirbelsäule	19:15 – 19:45 LesMills CORE	19:20 – 19:50 Power Walking	19:15 – 20:15 Dance
20:10 – 21:10 Vinyasa Yoga			

7.00 – 22.00 Trainingsbetreuung

DIENSTAG

Saal 1	Saal 2	Saal 3	Saal 5/6
		07:00 – 07:50 Cycle	
09:10 – 10:00 BBP			
10:10 – 11:00 Step 2	10:10 – 11:10 Vinyasa Yoga		
17:30 – 18:30 LesMills BODYPUMP	17:40 – 18:30 Bodyforming		
			18:00 – 18:55 LesMills BODYATTACK
18:40 – 19:30 Pilates	18:40 – 19:30 Jumping	18:45 – 19:35 Cycle	19:00 – 20:00 LesMills BODYCOMBAT
19:35 – 20:35 LesMills BODYBALANCE	19:40 – 20:40 ZUMBA	19:45 – 20:35 Cycle	

7.00 – 22.00 Trainingsbetreuung

MITTWOCH

Saal 1	Saal 2	Saal 3	Saal 4
08:00 – 09:00 LesMills BODYPUMP			
09:10 – 10:00 Wirbelsäule	09:15 – 10:30 Hatha Yoga	09:10 – 09:40 Power Walking	
10:05 – 10:35 LesMills CORE			
10:40 – 11:40 LesMills BODYBALANCE			
15:00 – 15:50 Wirbelsäule			
17:00 – 17:50 Pilates			16:45 – 17:45 Aerial Yoga
18:00 – 18:50 Bodyforming	18:00 – 18:50 Jumping	18:00 – 19:15 Cycle Long	17:55 – 18:55 LesMills BODYBALANCE
19.10 – 19.45 Functional Training (Area)			
19:05 – 19:25 Bauchkiller	19:00 – 20:00 Step 2		
19:35 – 20:35 LesMills BODYPUMP			

7.00 – 22.00 Trainingsbetreuung

DONNERSTAG

Saal 1	Saal 2	Saal 3	Saal 4
		07:50 – 08:50 Cycle	
09:05 – 09:55 Bodyforming			
10:05 – 10:55 Fit & Aktiv			
			17:00 – 17:50 Pilates
	17:30 – 18:00 LesMills CORE		
18:05 – 19:05 LesMills BODYPUMP	18:05 – 19:00 LesMills BODYATTACK	18:10 – 19:10 Cycle	18:00 – 19:00 Vinyasa Yoga
19:15 – 20:05 BBP	19:15 – 20:15 LesMills BODYCOMBAT		19:15 – 20:15 Aerial Yoga
20:15 – 21:15 ZUMBA			

7.00 – 22.00 Trainingsbetreuung

FREITAG

Saal 1	Saal 2	Saal 3	Saal 4
		07:00 – 07:50 Cycle	
	08:05 – 08:55 Jumping		
09:05 – 10:05 LesMills BODYPUMP	09:10 – 10:00 Pilates		
10:15 – 11:15 ZUMBA	10:10 – 10:30 Bauchkiller		
	10:35 – 11:50 Vinyasa Yoga		
15:00 – 15:50 Wirbelsäule			
18.30 – 19.05 Functional Training (Area)			
18:20 – 19:20 Pilates	18:20 – 19:10 Jumping	17:45 – 19:00 Cycle Long	18:00 – 19:00 Aerial Yoga
19:25 – 20:25 LesMills BODYPUMP			19:25 – 20:25 Stretch & Relax Yoga

7.00 – 22.00 Trainingsbetreuung

SAMSTAG

Saal 1	Saal 2	Saal 3
	10:00 – 10:50 Jumping	10:15 – 11:30 Cycle Long
16:30 – 17:00 LesMills CORE		
17:05 – 18:05 LesMills BODYCOMBAT		

9.30 – 19.00 Trainingsbetreuung

SONNTAG

Saal 1	Saal 2	Saal 3
10:10 – 11:00 Cardio Mix		10:15 – 11:30 Cycle Long
11:10 – 12:00 Bodyforming		
15:50 – 16:50 LesMills BODYPUMP		
17:00 – 17:30 LesMills CORE		
17:40 – 18:40 LesMills BODYBALANCE		

9.30 – 19.00 Trainingsbetreuung

Alle Kurse mit Voranmeldung.