KURSPLAN

gültig ab 22.11.2021

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: 17.30 – 20.30 Uhr
Fr: 08.30 – 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
		08:30 – 09:20 Jumping Mix	08:30 – 09:20 Cycle
09:30 – 10:20 Step 1		09:30 – 10:30 BODYPUMP	
10:30 – 11:30 Pilates		10:40 – 11:30 Wirbelsäule	
18:00 – 19:00 BODYPUMP		18:10 – 19:00 Step 1 Fatburner	18:10 – 19:10 Cycle / 18:00 – 19:00 Dance
19:10 – 20:00 Wirbelsäule		19:10 – 19:40 CORE / 19:20 – 19:50 Power Walking	19:10 – 20:00 Body Forming
19.10 – 19.45 Functional Training (Area)			
20:10 – 21:10 Yoga			

7.00 – 22.00 Trainingsbetreuung

DIENSTAG

Saal 1	Saal 2	Saal 3	Saal 4
		07:00 – 07:50 Cycle	
	08:10 – 09:00 Pilates		
09:10 – 10:00 BBP	09:10 – 10:10 Yoga		
10:10 – 11:00 Step 2			
17:40 – 18:40 BODYPUMP			18:00 – 18:45 BODYATTACK
18:50 – 19:35 tone	18:30 – 19:20 Jumping Mix	18:45 – 19:35 Cycle	19:00 – 20:00 BODYCOMBAT
19:40 – 20:40 ZUMBA	19:35 – 20:35 BODYBALANCE	19:45 – 20:35 Cycle	

7.00 – 22.00 Trainingsbetreuung

MITTWOCH

Saal 1	Saal 2	Saal 3	Saal 4
08:00 – 09:00 BODYPUMP			
09:10 – 10:00 Wirbelsäule		09:10 – 09:40 Power Walking	09:15 – 10:30 Yoga
10:05 – 10:35 CORE			
10:40 – 11:40 BODYBALANCE			
15:00 – 15:50 Wirbelsäule			
	17:00 – 17:50 Pilates		
18.10 – 18.45 Functional Training (Area)			
18:00 – 18:50 Body Forming	18:30 – 19:20 Jumping	18:00 – 19:15 Cycle Long	
19:00 – 20:00 Step 2	19:30 – 20:00 CORE		19:00 – 20:00 Yoga
20:10 – 21:10 BODYPUMP			

7.00 – 22.00 Trainingsbetreuung

DONNERSTAG

Saal 1	Saal 2	Saal 3	Saal 4
		07:50 – 08:50 Cycle	
09.10 – 09.45 Functional Training (Area)			
09:05 – 10:05 Step 2	09:05 – 09:55 Jumping		
	10:05 – 11:05 Fit und Aktiv		
	17:25 – 17:55 CORE		
18:05 – 19:05 BODYPUMP	18:05 – 18:50 BODYATTACK	18:10 – 19:10 Cycle	18:10 – 19:00 Strong Back
19:15 – 20:15 BODYCOMBAT	19:10 – 20:00 BBP		19:10 – 20:00 Pilates
	20:10 – 21:10 ZUMBA		

7.00 – 22.00 Trainingsbetreuung

FREITAG

Saal 1	Saal 2	Saal 3	Saal 4
08:35 – 09:25 Pilates	08:35 – 09:20 Jumping		
09:35 – 10:35 BODYPUMP	09:35 – 09:55 Bauchkiller		09:35 – 10:35 Yoga
	10:05 – 11:05 ZUMBA		
15:00 – 15:50 Wirbelsäule			
17:40 – 18:10 CORE	17:25 – 18:10 tone		
18.30 – 19.05 Functional Training (Area)			
18:20 – 19:10 Wirbelsäule	18:20 – 19:10 Jumping	17:45 – 19:00 Cycle Long	18:20 – 19:20 BODYBALANCE
19:20 – 20:20 Dance	19:20 – 20:20 BODYPUMP		19:25 – 20:25 Yoga

7.00 – 22.00 Trainingsbetreuung

SAMSTAG

Saal 1	Saal 2	Saal 3
		15:00 – 16:15 Cycle Long
16:30 – 17:00 CORE		
17:05 – 18:05 BODYCOMBAT		

9.30 – 19.00 Trainingsbetreuung

SONNTAG

Saal 1	Saal 2	Saal 3
10:30 – 11:00 Bauchkiller		10:15 – 11:30 Cycle Long
11:10 – 12:00 BBP		
15:50 – 16:50 BODYPUMP		
17:00 – 17:30 CORE		
17:40 – 18:40 BODYBALANCE		

9.30 – 19.00 Trainingsbetreuung

Alle Kurse mit Voranmeldung.