

KURSPLAN

gültig ab 09.10.2023

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 4	Saal 1	Saal 2	Saal 3	Saal 1	Saal 2	Saal 3
08:15 – 09:05 Jumping Mix				07:00 – 07:50 Cycle				08:00 – 09:00 LESMILLS BODYPUMP				07:50 – 08:50 Cycle				08:05 – 08:55 Jumping									
08:30 – 09:20 Cycle				09:10 – 10:00 BBP				09:10 – 10:00 Wirbelsäule				09:10 – 10:30 Hatha Yoga				09:10 – 10:00 Pilates									
09:20 – 10:20 LESMILLS BODYPUMP				10:10 – 11:00 Step 2				10:05 – 10:35 LESMILLS CORE				10:00 – 10:50 Fit & Aktiv				10:15 – 11:15 LESMILLS BODYPUMP									
09:30 – 10:20 Fatburner				10:10 – 11:10 Vinyasa Yoga				10:40 – 11:40 LESMILLS BODYBALANCE				10:10 – 10:30 Bauchkiller				10:15 – 11:30 Cycle Long			10:10 – 11:00 Cardio Mix						
10:30 – 11:30 Pilates								15:00 – 15:50 Wirbelsäule				10:35 – 11:50 Vinyasa Yoga							11:10 – 12:00 Bodyforming						
10:30 – 11:20 Wirbelsäule								17:00 – 17:50 Pilates				17:30 – 18:00 LESMILLS CORE													
				17:30 – 18:30 LESMILLS BODYPUMP				16:45 – 17:45 Aerial Yoga				17:20 – 18:10 Pilates				16:30 – 17:00 LESMILLS CORE			15:50 – 16:50 LESMILLS BODYPUMP						
18.05 – 18.40 Functional Training (Area)								18:00 – 18:50 Bodyforming				17:30 – 18:00 LESMILLS CORE				17:05 – 18:05 LESMILLS BODYCOMBAT			17:00 – 17:30 LESMILLS CORE						
18:00 – 19:00 LESMILLS BODYPUMP				18:00 – 18:55 LESMILLS BODYATTACK				18:00 – 18:50 Jumping				18:05 – 19:05 LESMILLS BODYPUMP				18.30 – 19.05 Functional Training (Area)			17:40 – 18:40 LESMILLS BODYBALANCE						
18:15 – 19:05 Step 1-2 Fatburner								18:00 – 19:15 Cycle Long				18:05 – 19:00 LESMILLS BODYATTACK				18:20 – 19:20 Dance									
18:10 – 19:10 Cycle								17:55 – 18:55 LESMILLS BODYBALANCE				18:10 – 19:10 Cycle				18:20 – 19:10 Jumping									
18:00 – 19:00 Aerial Yoga								19:05 – 19:25 Bauchkiller				19:15 – 20:15 LESMILLS BODYCOMBAT				17:45 – 19:00 Cycle Long									
								19:00 – 20:00 Step 2				19:15 – 20:15 LESMILLS BODYCOMBAT				18:00 – 19:00 Aerial Yoga									
								19:05 – 20:05 Vinyasa Yoga				19:15 – 20:15 Aerial Yoga				19:25 – 20:25 Stretch & Relax Yoga									
								19:35 – 20:35 LESMILLS BODYPUMP				20:15 – 21:15 LESMILLS ZUMBA				19:25 – 20:25 LESMILLS 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.