

Fitnesskurs-Plan

Fitnesskurse

Indoor-Cycling

Jumping

Zeit	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
	Halle I	Halle II	Halle I	Halle II	Halle I	Halle II	Halle I	Halle II	Halle I	Halle II	Halle I	Halle II
8:00						Push Express 8.15 - 8.55						
9:00		Two in One 8.30 - 9.15			Yoga 9.00 - 9.45	BOP 9.00 - 9.45			Indoor-Cycling 08.30 - 09.15			
10:00	Body Total 9.30 - 10.15			Back Fit 9.30 - 10.15				Back Fit 9.30 - 10.15		Workout 9.30 - 10.15		
11:00	Indoor-Cycling 10.30 - 11.15			Back Fit 10.30 - 11.15	Indoor-Cycling 10.15 - 11.00			Bodyweight 10.30 - 11.15			Back & Belly 13.30 - 14.15	
12:00												
13:00		Jumping 50+ 14.00 - 14.45						Jumping 11.30 - 12.15				
15:00											Sonntag	
16:00											Halle I	Halle II
17:00								Bauchtanz 17.00 - 17.45	Hula Hoop 17.00 - 17.45			Sonntagskurs 10.00 - 10.45
18:00	Indoor-Cycling 18.00 - 18.45	Core&More 18.00 - 18.45		Jumping 18.00 - 18.45	Crosstraining 17.45 - 18.30	Pilates 18.00 - 18.45		BOP 18.00 - 18.45		Workout 18.00 - 18.45	Indoor-Cycling 11:15 - 12:00	
19:00	Back Fit 19.15 - 20.00			Push 19.00 - 19.45	Indoor-Cycling 19.00 - 19.45	Bodyshape 19.00 - 19.45		Yoga 19.00 - 19.45		Indoor-Cycling 18:15 - 19:00	Zumba 19.00 - 19.45	
20:00				Latino 20.00 - 20.45	Indoor-Cycling 20.00 - 20.45			Push&Pull 20.00 - 20.45				
21:00												

Es ist für den Zutritt eine Online-Anmeldung bzw. eine telefonische Anmeldung erforderlich.