

KURSRAUM „ARENA“

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
TABATA TRAINING 9.30 - 10.30		MUSCLE POWER 9.30 - 10.30		FUNCTIONAL TRAINING 9.30 - 10.30		TABATA TRAINING 11.00 - 11.45 *
MUSCLE POWER 18.00 - 19.00	FUNCTIONAL TRAINING 18.00 - 19.00	MUSCLE POWER 17.30 - 18.30		MUSCLE POWER 18.00 - 19.00		FASCIAL RELEASE 11.45 - 12.15 *
STEP CHOREO 19.00 - 19.45	CORE TRAINING 19.00 - 19.30	NEU POWER STEP 18.30 - 19.15	ZUMBA 18.15 - 19.15	STEP BASIC 19.00 - 19.45		
	FASCIAL RELEASE 19.30 - 20.00		WIRBELSÄULEN GYMNASTIK 20.00 - 20.45			
	WIRBELSÄULEN GYMNASTIK 20.00 - 20.45					

INDOOR CYCLING

		CYCLING FATBURNER 10.30 - 11.15		CYCLING I - II 10.30 - 11.30		CYCLING II - III 10.30 - 11.30 *
CYCLING II 19.15 - 20.15	CYCLING I - II 18.00 - 19.00	CYCLING II - III 18.45 - 19.45	CYCLING FATBURNER * 19.00 - 19.45	CYCLING II 18.00 - 19.00		

KURSRAUM „GALERIE“

* SOMMERPAUSE

REHA O. 8.30 - 9.15	REHA O. 8.00 - 8.45	REHA O. 12.00 - 12.45	REHA O. 9.00 - 9.45	REHA O. 12.00 - 12.45	REHA O. 9.15 - 10.00	
REHA O. 12.00 - 12.45	YOGA 18.30 - 19.45	REHA O. 19.00 - 19.45	REHA O. 10.00 - 10.45		YOGA 10.30 - 11.45	
REHA N./O. 16.00 - 16.45	REHA O. 20.00 - 20.45	TAI CHI 19.45 - 20.30	REHA O. 20.00 - 20.45			