



KURSPLAN

gültig ab 23.10.2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 - 10:00 TF StandUp Zirkel	09:00 - 10:00 TF StandUp Zirkel	08:00 - 09:00 TF StandUp Zirkel	09:00 - 10:00 K1 Langhantel	09:00 - 10:00 TF StandUp Zirkel	10:30 - 11:30 K2 Yoga	10:15 - 11:15 K2 Bodyworkout
09:00 - 10:00 K1 Muskeltraining	09:00 - 10:00 K2 Pilates (Beginn 01/24)	09:00 - 10:00 TF Mobility Zirkel	10:00 - 11:00 K1 Functional	10:00 - 11:00 TF Mobility Zirkel	10:30 - 11:30 K1 Bodyworkout	10:30 - 11:30 K1 Spin Racing
10:00 - 11:00 FF Athletic Circuit	09:00 - 10:00 K1 Spin Racing	10:00 - 11:00 K1 BBP	11:00 - 12:00 K1 Bodyworkout		11:00 - 12:00 FF Athletic Circuit	
10:00 - 10:30 K1 Stretch & Relax			12:00 - 12:30 K1 Bauch & Rücken		12:00 - 12:30 FF Bauch & Rücken	
10:30 - 11:30 K1 Wirbelsäule						
	17:00 - 18:00 FF Athletic Circuit					
18:00 - 19:00 K1 Bodyworkout	18:00 - 19:00 K1 BBP	17:00 - 18:00 TF StandUp Zirkel				
18:30 - 19:30 FF Athletic Circuit	18:00 - 19:00 K2 Pilates	18:00 - 19:00 K1 Langhantel	18:00 - 19:00 K2 Yoga	17:00 - 18:00 TF Mobility Zirkel		
19:00 - 20:00 K2 Antara Rücken	19:00 - 20:00 K1 Wirbelsäule	19:00 - 20:00 K2 Functional	18:00 - 19:00 FF High Rocks	18:00 - 19:00 FF Athletic Circuit		
19:00 - 20:00 K1 Spin Racing	19:30 - 20:30 K2 Muskeltraining	19:00 - 20:00 K1 Spin Racing	18:00 - 19:00 K1 Spin Racing	19:00 - 19:30 TF Bauch & Rücken		
19:30 - 20:00 FF Bauch & Rücken	20:30 - 21:00 K2 Stretch & Relax	20:00 - 20:30 K2 HIIT	19:00 - 20:00 K2 Muskeltraining			

K1 = Kursraum 1
K2 = Kursraum 2
TF = Trainingsfläche
FF = Functional Fläche
Kraft
Kondition
Body&Mind
Ganzkörper