

KURSPLAN

MONTAG

08:15-9:15	1	Reha Sport
09:30-10:30	1	Reha Sport
17:00-18:00	1	Funktionelles Training
18:00-19:00	2	Indoor Cycling
18:15-19:15	1	Faszientraining
19:30-20:30	1	Zumba

DIENSTAG

09:00-10:00	1	Funktionelles Training
18:00-19:00	1	Sling Training
19:00-20:00	2	Power Vinyasa Yoga
19:15-20:15	1	Step Aerobic

1 = Kursraum 1

MITTWOCH

18:00-19:00	1	XLNC Fit Mix
19:00-20:00	2	Indoor Cycling
19:15-20:15	1	Bodystyling

2 = Kursraum 2

DONNERSTAG

09:00-10:00	1	Pilates
17:30-18:30	1	Langhantel Workout
18:45-19:45	2	Indoor Cycling
18:45-19:45	1	World Jumping Fitness*
18:45-19:45	1	Fullbody Workout*
20:15-21:15	1	Klangreise

*= 2-wöchig im Wechsel

**= Outdoor

FREITAG

17:00-18:00 (ab 25.10.24)	2	Indoor Cycling
17:15-18:15	1	Yoga
18:30-19:30	2	Indoor Cycling
18:30-19:30	1	Step Core

SAMSTAG

09:30-10:30	1	Indoor Cycling
09:30-10:30	2	Yoga (Asthanga-Remix)
10:45-11:45	1	Yoga (Asthanga-Remix)

SONNTAG

09:00-09:30	**	XLNC Running (Beginner)
09:15-10:15	1	XLNC Fit Mix
09:30-10:30	**	XLNC Running (Fortgeschrittene)
10:00-11:00	2	Indoor Cycling
10:30-11:30	1	BBP