

MONTAG

SAAL 1

08.30 - 09.30 **Bodystyling**

09.30 - 10.30 **Fit & Vital**

17.15 - 18.00 **LesMills CXWORX**

18.15 - 19.15 **Bodystyling**

19.15 - 20.00 **LesMills BODYATTACK**

20.00 - 21.15 **LesMills BODYPUMP**

SAAL 2

10.30 - 11.15 **Easy Line Circle**

17.30 - 18.15 **LesMills SH'BAM**

18.15 - 19.15 **Dance**

SAAL 3

Groupcycling-Plan

DIENSTAG

SAAL 1

08.15 - 09.30 **LesMills BODYPUMP**

09.30 - 10.45 **LesMills BODYBALANCE**

17.00 - 18.15 **LesMills BODYPUMP**

18.15 - 19.15 **Bodystyling**

19.15 - 19.45 **Bauchkiller**

19.45 - 21.00 **LesMills BODYBALANCE**

SAAL 2

17.15 - 18.15 **Aerobic/Step Choreo**

18.30 - 19.15 **LesMills BODYATTACK**

SAAL 3

Groupcycling-Plan

MITTWOCH

SAAL 1

07.15 - 08.00 **LesMills BODYPUMP EXPRESS**

08.30 - 09.30 **Wirbelsäulengymnastik**

09.30 - 10.00 **MFT**

18.00 - 18.45 **LesMills CXWORX**

18.45 - 19.45 **Bodystyling**

19.45 - 21.00 **LesMills BODYPUMP**

SAAL 2

08.00 - 08.45 **LesMills CXWORX**

10.00 - 10.30 **Easy Line Circle**

18.45 - 19.45 **LesMills BODYATTACK**

19.45 - 20.30 **LesMills SH'BAM**

SAAL 3

Groupcycling-Plan

DONNERSTAG

SAAL 1

08.15 - 09.30 **LesMills BODYPUMP**

09.30 - 10.45 **LesMills BODYBALANCE**

17.45 - 19.00 **LesMills BODYBALANCE**

19.00 - 19.45 **LesMills CXWORX**

19.45 - 20.45 **Bodystyling**

SAAL 2

17.30 - 18.15 **LesMills BODYATTACK**

18.30 - 19.30 **Step Basic**

SAAL 3

Groupcycling-Plan

FREITAG

SAAL 1

07.15 - 08.00 **LesMills BODYPUMP EXPRESS**

08.30 - 09.30 **Bodystyling**

09.30 - 10.30 **Wirbelsäulengymnastik**

18.30 - 19.45 **LesMills BODYPUMP**

SAAL 2

10.30 - 11.15 **Easy Line Circle**

SAAL 3

Groupcycling-Plan

SAMSTAG

SAAL 1

09.30 - 10.15 **Easy Dance**

10.15 - 10.45 **Bauchkiller**

10.45 - 12.00 **LesMills BODYBALANCE**

16.45 - 18.00 **LesMills BODYPUMP**

18.00 - 19.15 **Total Body Workout**

SAAL 3

Groupcycling-Plan

SONN- und FEIERTAG

SAAL 1


09.30 - 10.30 **Bodystyling**


10.30 - 11.30 **LesMills BODYATTACK**


16.30 - 17.45 **LesMills BODYPUMP**


17.45 - 18.30 **LesMills CXWORX**

18.30 - 19.45 **LesMills BODYBALANCE**

 = HerzKreislauftraining

 = Kräftigung

 = Mobilisation/Entspannung

 = HerzKreislauftraining und Kräftigung

DOWNLOAD

