

# EUER KURSPLAN IM FITNESSPARK FÜR 2019

GÜLTIG AB 28.01.2019

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG
	TERRA	SKY	TERRA	SKY	TERRA	SKY	TERRA	SKY	TERRA	SKY	TERRA	SKY	TERRA
8:00 UHR	07:45 – 9:00 PRANAYAMA YOGA		08:00 – 9:00 VINYASA YOGA		08:00 – 9:00 RÜCKEN WSG		08:00 – 9:00 VINYASA YOGA		08:00 – 9:00 FASZIEN TRAINING				
9:00 UHR	09:00 – 10:00 BODY FORMING	09:00 – 10:00 FIT & VITAL	09:00 – 10:00 SMOOVEY	09:00 – 10:00 LesMILLS BODYSTEP	09:00 – 10:00 SLINGS	09:00 – 10:00 BODY FORMING	09:00 – 10:15 LesMILLS BODYPUMP	09:00 – 10:00 DANCE AEROBIC	09:00 – 10:00 RÜCKEN WSG	09:00 – 10:00 SMOOVEY		10:15 – 11:15 jede gerade Woche LesMILLS SH'BAM	
10:00 UHR	10:00 – 11:00 FASZIEN TRAINING	10:00 – 11:00 LesMILLS tone	10:00 – 11:00 RÜCKEN WSG		10:00 – 11:00 YOGA	10:00 – 11:00 LesMILLS tone		10:15 – 11:15 CORE TRAINING	10:00 – 11:00 DANCE MOVES	10:00 – 11:00 PILATES	10:30 – 11:30 SLINGS	10:15 – 11:15 jede ungerade Woche LesMILLS BODYCOMBAT	10:15 – 11:30 LesMILLS BODYPUMP
11:00 UHR									11:00 – 12:00 Jumping				11:30 – 12:00 BAUCH INTENSIV
12:00 UHR													
17:00 UHR					17:30 – 18:30 RÜCKEN WSG	17:30 – 18:30 LesMILLS tone			17:00 – 18:00 CORE TRAINING	17:00 – 18:00 FIT & VITAL			
18:00 UHR	18:00 – 19:00 LesMILLS BODYPUMP	18:15 – 18:45 FUNCTIONAL TRAINING	18:00 – 19:00 FASZIEN TRAINING	18:00 – 19:00 CORE TRAINING	18:30 – 19:30 SLINGS	18:30 – 19:30 STEP F	18:30 – 19:30 LesMILLS BODYSTEP	18:00 – 19:00 MAXX F	18:00 – 19:00 LesMILLS BODYPUMP	18:00 – 19:00 DANCE MOVES			
19:00 UHR	19:00 – 20:00 LesMILLS BODYATTACK	19:15 – 20:15 LesMILLS SH'BAM	19:00 – 20:00 SLINGS	19:00 – 20:00 LesMILLS BODYCOMBAT				19:00 – 20:00 RÜCKEN WSG	19:15 – 19:45 BAUCH INTENSIV	19:00 – 20:00 BOX-FIT			
19:30 UHR					19:30 – 20:30 LesMILLS BODYPUMP	19:30 – 20:30 DANCE AEROBIC	19:30 – 20:30 LesMILLS BODYCOMBAT						
20:00 UHR	20:15 – 21:15 VINYASA YOGA		20:00 – 21:00 Jumping	20:00 – 21:00 MAXX F				20:00 – 20:30 BAUCH INTENSIV					

SPINNING 

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
19:30 - 20:30	19:15 - 20:15	18:30 - 19:30	19:00 - 20:00	18:30 - 19:30	11:45 - 12:45

 fitnesspark

TREFFPUNKT  GESUNDHEIT

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