

Workout Body + Mind Cycling Choreographie Functional Training

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00		07:00 Studio 1 ⁽⁵⁰⁾ Bodystyling	07:00 Studio 2 ⁽⁷⁵⁾ Yoga Beginner		07:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™		
			07:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling				
		07:30 Studio 2 ⁽²⁰⁾ Bauch + Rücken					
09:00	09:30 Studio 2 ⁽²⁰⁾ Bauch + Rücken						
10:00		10:00 Studio 1 ⁽⁵⁰⁾ Bodystyling		10:00 Studio 1 ⁽⁷⁵⁾ Wirbelsäule + Stretch		10:00 Studio 1 ⁽⁶⁰⁾ bodyART™-DeepWork	10:00 Studio 1 ⁽⁵⁰⁾ Flexi Toning
11:00		11:00 Studio 1 ⁽⁶⁰⁾ Pilates				11:05 Studio 1 ⁽⁶⁰⁾ Wirbelsäule	11:00 Studio 1 ⁽⁶⁰⁾ Step I-II
						11:00 Fläche ⁽³⁰⁾ Ⓞ Functional Training	
12:00							12:05 Studio 1 ⁽³⁰⁾ Stretch
	12:30 Studio 1 ⁽²⁰⁾ Bauch + Rücken	12:30 Studio 1 ⁽²⁰⁾ Bauch + Rücken	12:30 Studio 1 ⁽²⁰⁾ Bauch + Rücken	12:30 Fläche ⁽³⁰⁾ Ⓞ Functional Training	12:30 Studio 1 ⁽²⁰⁾ Bauch + Rücken		12:45 Studio 2 ⁽²⁰⁾ Bauch + Rücken
16:00					16:45 Studio 2 ⁽⁶⁰⁾ bodyART™		
17:00				17:30 Studio 2 ⁽⁹⁰⁾ Hatha Yoga		17:00 Studio 1 ⁽⁵⁰⁾ Cardio Workout	17:00 Studio 2 ⁽⁶⁰⁾ X-Co & Flexi
							17:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling
	17:00 Studio 1 ⁽²⁰⁾ Bauch + Rücken	17:00 Studio 1 ⁽²⁰⁾ Bauch + Rücken	17:00 Studio 1 ⁽²⁰⁾ Bauch + Rücken	17:00 Studio 1 ⁽²⁰⁾ Bauch + Rücken	17:00 Studio 1 ⁽²⁰⁾ Bauch + Rücken	17:30 Studio 2 ⁽²⁰⁾ Bauch + Rücken	17:00 Studio 1 ⁽²⁰⁾ Bauch + Rücken
18:00	18:40 Studio 1 ⁽⁷⁵⁾ Bodystyling + Stretch	18:00 Studio 1 ⁽⁵⁰⁾ Bodystyling	18:00 Studio 1 ⁽⁵⁰⁾ Cardio Workout		18:45 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™		18:05 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™
					18:00 Studio 2 ⁽⁵⁰⁾ Bodystyling	18:00 Studio 2 ⁽⁶⁰⁾ Pilates I-II	18:05 Studio 2 ⁽⁶⁰⁾ Ski Fit
			18:45 Cyclingraum ⁽⁹⁰⁾ Adventure Cycling				
	18:30 Studio 2 ⁽²⁰⁾ Bauch + Rücken	18:30 Studio 2 ⁽²⁰⁾ Bauch + Rücken	18:30 Studio 2 ⁽²⁰⁾ Bauch + Rücken	18:00 Studio 1 ⁽²⁰⁾ Bauch + Rücken	18:00 Studio 1 ⁽²⁰⁾ Bauch + Rücken		
19:00		19:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™	19:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™	19:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™			
		19:00 Studio 2 ⁽⁶⁰⁾ ZUMBA®	19:00 Studio 2 ⁽⁶⁰⁾ Dance Moves I-II	19:05 Studio 2 ⁽⁶⁰⁾ Thai Bo	19:00 Studio 2 ⁽⁶⁰⁾ Step II		
	19:00 Cyclingraum ⁽⁹⁰⁾ Adventure Cycling						
20:00	20:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™		20:05 Studio 1 ⁽⁵⁰⁾ Bodystyling				
	20:00 Studio 2 ⁽⁶⁰⁾ Pilates	20:05 Studio 2 ⁽⁶⁰⁾ bodyART™	20:05 Studio 2 ⁽⁹⁰⁾ PhysioFlowYoga	20:10 Studio 2 ⁽⁶⁰⁾ bodyART™			
		20:10 Cyclingraum ⁽⁶⁰⁾ Easy Cycling					
21:00			21:00 Studio 1 ⁽³⁰⁾ Stretch				

Easy/Intro/Beginner = Einsteiger | I = Mittelstufe | II = Fortgeschritten | Ⓞ Kurs ist teilnehmerbegrenzt
Die Kurse finden ab zwei Teilnehmern statt!
IRON SYSTEM™ - Levelverteilung ist im Internet zu finden!

