

Kursprogramm Gymnastik / Indoor-Cycling

aktualisiert am 15. Oktober 2018 (Änderungen vorbehalten)



Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling	Move	Shape	Indoor Cycling
9.00				9.00 Aqua Fitness			9.00 Aqua Fitness	9.15 Cardio Cycling 45 min.		9.00 Aqua Fitness			8.45 Aqua Fitness							
Step 2							9.45 Aqua Fitness					10.00 Pilates	9.00 BeBoFit	9.15 Easy Fatburner 60 min.						
10.00 Body-shape			10.15 Body-shape			10.00 Rücken-fitness			10.00 Pilates			11.00 Power Yoga						10.30	10.30 Pilates	11.00 Cardio Cycling 60 min.
11.00 Power Yoga			11.15 Rücken-fitness 45 min.						11.00 Step 1							13.00 Aqua Fitness		11.30 BBP	11.30 Rücken-fitness	
																13.45 Aqua Fitness		12.30 Bauch		12.15 Easy Fatburner 45 min.
					16.00 Cardio Cycling 45 min.										15.00 Body-shape					
17.00						17.00 Faszien-training							16.30 BBP			16.00 Deep-work				16.30 Cardio Cycling 60 min.
Step 1	17.30 Rücken-fitness						17.30 Rücken-fitness			17.30 Yoga 90 min.			17.30 Bauch	Pilates						17.00 Yoga 90 min.
18.00 Body-shape		18.00 Cardio Cycling 60 min.	18.00 Body-shape	18.00 Rücken-fitness	18.00 Easy Fatburner 45 min.	18.00 Body-shape			18.00 Body-shape				18.00 Power-step	18.00 Body-shape	18.00 Cardio Cycling 60 min.					
19.00 Press & Pull Workout	Power Yoga		19.00 Cross Fitness	19.00 Taebo	19.00 Cardio Cycling 60 min.	19.00 Cross Fitness	19.00 Yoga	19.00 Easy Fatburner 60 min.	19.00 Dance Step	19.00 Yoga			19.00 Cross Fitness							
20.00 Strong	Pilates						20.00 Pilates & Entspannung 90 min.		20.00 Press & Pull Workout											

Die Kurse finden jeweils ab drei Teilnehmern statt