

Kursprogramm Gymnastik / Indoor-Cycling

aktualisiert am 14. Oktober 2019 (Änderungen vorbehalten)

ProVital

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	9.15 Easy Fatburner 60 min.					
10.00 Body-shape			10.15 Body-shape			10.00 Rücken-fitness			10.00 Pilates			11.00 Yoga						10.30		
11.00 Yoga			11.15 Rücken-fitness 45 min.						11.00 Step 1							13.00 Aqua Fitness		Powerstep		11.00 Cardio Cycling 60 min.
																13.45 Aqua Fitness		BBP	11.30 Rücken-fitness	
																		12.30 Bauch		12.15 Easy Fatburner 45 min.
					16.00 Cardio Cycling 45 min.															
17.00											19.00 Cross Fitness			16.30 BBP						16.30 Cardio Cycling 60 min.
Step 1	17.30 Rücken-fitness						17.30 Rücken-fitness			17.30 Yoga 90 min.				17.30 Bauch						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 Body-shape						
19.00 Press & Pull Workout	Yoga		19.00 Cross Fitness	19.00 Step Basics 30 min.	19.00 Cardio Cycling 60 min.	19.00 Power Step	19.00 Yoga	19.00 Easy Fatburner 60 min.	19.00 Dance Step	19.00 Yoga				19.00 Cross Fitness						
	19.30 Pilates		20.00 YinYoga	19.30 Taebo			20.00 Pilates & Entspannung 90 min.		20.00 Press & Pull Workout											

Die Kurse finden jeweils ab drei Teilnehmern statt