

COURS COLLECTIFS - GRUPPENKURSE

LUNDI

09:00-09:50	Body Art	
10:00-10:50	Gym Dos & Core	

16:00-17:00	Functional Training	
17:00-18:00	Functional Training	
18:00-19:00	Functional Training	
18:00-18:45	Indoor Cycling	
19:00-19:45	Zumba	
20:00-20:45	Pilates	

MARDI

09:00-10:00	Latino Dance	
10:00-10:50	Pilates	

17:30-18:30	Functional Training	
18:00-18:45	TBC	
19:00-19:45	Zumba	
20:00-20:45	Yoga	

MERCREDI

09:00-09:50	Pilates	
10:00-10:50	Pilates - Body Art	
12:20-13:15	Indoor Cycling	

17:45-18:30	Hot Iron	
18:45-19:30	Functional Step	

JEUDI

09:00-09:50	Gym Dos & Core	
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18:00-18:50	Body Art	
19:00-19:50	Body Shape	

VENDREDI

09:00-10:00	Indoor Cycling	
10:00-10:50	Body Shape	

17:00-18:00	Functional Training	
18:00-19:00	Functional Training	

SAMEDI

09:30-11:00	Body Art	
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DIMANCHE

10:00-11:00	Indoor Cycling	
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Horaires

Lundi-Vendredi: 07:00-22:00

Samedi: 08:30-13:30

Dimanche: 08:30-13:30

Jours fériés: 08:30-13:30

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Cardio



Silhouette Figurformung /
Body Shaping



Renforcement / Muscle Strenght
Muskelkräftigung & Straffung



Régénération active
Aktive Entspannung/Relaxation