

COURS COLLECTIFS - GRUPPENKURSE

Lundi | Montag

08:10 - 08:55	Balance & Vitality	
09:00 - 09:50	Body Shape	
10:00 - 10:50	Flexibility	

17:00 - 17:50	Iron Bar	
18:00 - 18:50	Functional Training	
18:00 - 18:50	Indoor Cycling	
19:00 - 19:50	Yoga	

Mardi | Dienstag

08:30 - 09:20	Pilates	
09:30 - 10:20	F.A.C.	

17:20 - 18:20	Indoor Cycling	
19:10 - 20:00	Hyrox	
18:30 - 19:20	Iron Bar	

Mercredi | Mittwoch

08:10 - 09:15	Body Art	
09:20 - 10:10	Body Shape	
12:15 - 13:00	Functional Training	

17:30 - 18:20	Body Shape	
18:15 - 19:05	Functional Training	
18:30 - 19:20	Pilates	
19:30 - 20:30	Zumba	

Jeudi | Donnerstag

09:00 - 09:50	Fit and Fun - Aerobic	
10:00 - 10:50	Yoga	

17:30 - 18:20	Indoor Cycling	
17:30 - 18:20	Functional Training	
18:30 - 19:30	Lauftreff	

Vendredi | Freitag

09:00 - 09:50	Pilates	
10:00 - 10:50	Iron Bar	

18:00 - 19:00	Indoor Cycling	
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Samedi | Samstag

09:00 - 09:50	Body Shape	
10:00 - 11:10	Flexibility	
11:00 - 11:50	Hyrox	

Dimanche | Sonntag

09:30 - 10:30	Indoor Cycling	
10:45 - 11:45	Yoga	



Silhouette Figurfomung
Body Shaping



Renforcement | Muscle
Strenght | Muskelkräftigung
& Straffung



Cardio



Régénération active
Aktive Entspannung
Relaxation

Horaires

Lun., Mer. et Ven. : 08:00 - 22:00
Mar. et Jeu. : 07:00 - 22:00 | Sam. et Dim. : 08:30 - 13:30
Jours fériés: 08:30-13:30

Laangwiss II

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