

COURS COLLECTIFS - GRUPPENKURSE

Horaires Lun. - Ven. : 07:00 – 22:00 | Sam. : 08:30 – 18:00 | Dim. : 08:30 – 13:30 | Jours fériés: 08:30 – 13:30

LUNDI | MONTAG

09:00-09:50	BODY SHAPE	 
10:00-10:55	LATINO DANCE	
12:30-13:20	IRON BAR	  
17:00-17:50	FUNCTIONAL TRAINING	  
17:00-17:50	BODY ART	  
18:00-18:50	FUNCTIONAL TRAINING	  
18:00-18:50	PILATES	 
19:00-20:00	INDOOR CYCLING	

MARDI | DIENSTAG

09:00-09:50	BOOSTAR	
10:00-10:50	HOT IRON	  
12:30-13:20	BODY ART	  
17:30-18:20	F.A.C.	 
18:30-19:20	PILATES DYNAMIQUE	 
19:30-20:20	LATINO DANCE	

MERCREDI | MITTWOCH

08:50-09:50	YOGA	 
10:00-10:50	INDOOR CYCLING	
12:20-13:15	INDOOR CYCLING	
17:30-18:20	FUNCTIONAL TRAINING	  
17:40-18:30	IRON BAR	  
18:30-19:20	FUNCTIONAL TRAINING	  
18:40-19:30	DEEP WORK	 
19:35-20:20	GYM DOS & CORE	

JEUDI | DONNERSTAG

09:00-09:50	TRX YOGA	  
10:00-10:50	BODY ART	  
11:00-11:50	ZUMBA	
12:30-13:20	IRON BAR	  
17:00-17:50	PILATES	 
18:00-18:50	YOGA	 
19:00-20:00	INDOOR CYCLING	

VENDREDI | FREITAG

08:45-09:35	IRON BAR	  
09:45-10:40	PILATES	 
10:45-11:40	TRX YOGA	  
12:20-13:10	INDOOR CYCLING	
16:30 - 17:20	STEP AÉROBIC	 
17:30-18:20	INDOOR CYCLING	
18:30-19:20	T.B.C.	  
19:30-20:20	ZUMBA	

SAMEDI | SAMSTAG

08:40-09:30	GYM DOS & CORE	
09:35-10:25	GYM DOS & CORE	
10:00-10:50	FUNCTIONAL TRAINING	  
10:40-11:30	INDOOR CYCLING	
14:30 - 15:20	PILATES	 
15:30 - 16:20	STRETCH & RELAX	

DIMANCHE | SONNTAG

09:00-10:00	INDOOR CYCLING	
10:15-11:15	INDOOR CYCLING	



Silhouette Figurformung
Body Shaping



Renforcement | Muscle | Strenght
Muskelkräftigung & Straffung



Cardio



Régénération active
Aktive Entspannung | Relaxation

WHAT'S NEW?

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