COURS COLLECTIFS - GRUPPENKURSE

Horaires Mo., Mi., Fr: 08:00–22:00 | Di., Do.: 07:00–22:00 | Sa., So.: 08:00–18:00 | Jours fériés: 08:30–13:30

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

VENDREDI | FREITAG

09:00 - 09:50	PILATES
10:00 - 10:50	IRON BAR
18:00-19:00	INDOOR CYCLING

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 Figurformung
  Body Shaping
- Renforcement | Muscle | Strenght
  Muskelkräftigung & Straffung
- Cardio
- Régénération active
  Aktive Entspannung | Relaxation

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