

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 - 10:00	PILATES	
12:30 - 13:30	YOGA	
17:30 - 18:20	F.A.C.	
18:00 - 19:00	INDOOR CYCLING	
18:30 - 19:20	HIIT	
19:00 - 19:45	FUNCTIONAL TRAINING	
19:30 - 20:30	INTENSE YOGA	

MARDI | DIENSTAG

09:00 - 10:00	BODY ART	
09:30 - 10:30	INDOOR CYCLING	
17:30 - 18:20	BODY SCULPT	
18:00 - 19:00	INDOOR CYCLING	
18:30 - 19:30	ZUMBA	
19:00 - 19:45	FUNCTIONAL TRAINING	

MERCREDI | MITTWOCH

09:00 - 09:50	PILATES	
10:00 - 11:00	BAUCH BEINE PO	
17:30 - 18:20	HIIT	
18:00 - 19:00	INDOOR CYCLING	
18:30 - 19:20	BODYWORKS	
19:00 - 19:45	HYROX	
19:30 - 20:30	PILATES PP*	

(*PLANCHER PELVIEN)

JEUDI | DONNERSTAG

09:00 - 10:00	ÉCOLE DU DOS	
17:30 - 18:15	FUNCTIONAL TRAINING	
17:30 - 18:20	MOBILITY	
18:00 - 19:00	INDOOR CYCLING	
18:30 - 19:20	ZUMBA	
19:30 - 20:30	YOGA	

VENDREDI | FREITAG

08:30 - 09:15	FUNCTIONAL TRAINING	
09:00 - 10:00	FULL BODY STRENGTH	
09:30 - 10:30	INDOOR CYCLING	
10:00 - 10:50	ABDOS & STRETCH	
17:30 - 18:30	YOGA	
18:30 - 19:15	FUNCTIONAL TRAINING	

SAMEDI | SAMSTAG

09:00 - 10:00	POWER PILATES	
10:00 - 11:00	POWER PILATES	

DIMANCHE | SONNTAG

09:30 - 10:30	YOGA	
10:00 - 11:00	INDOOR CYCLING	
10:30 - 11:15	HYROX	



Silhouette Figurformung
Body Shaping



Renforcement | Muscle | Strenght
Muskelkräftigung & Straffung



Cardio



Régénération active
Aktive Entspannung | Relaxation