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
11:00-11:50	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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18:00-18:50	PILATES
19:00-20:00	**INDOOR CYCLING**

MARDI | DIENSTAG

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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
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14:30 - 15:20	**PILATES**
15:30 - 16:20	**STRETCH & RELAX**

DIMANCHE | SONNTAG

09:00-10:00	INDOOR CYCLING
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