

COURS COLLECTIFS - GRUPPENKURSE

Horaires Lundi-Vendredi: 07:00–22:00 | Samedi: 08:30–18:00 | Dimanche: 08:30–13:30 | Jours fériés: 08:30–13:30

LUNDI | MONTAG

09:00 - 09:50	BODY ART	  
10:00 - 10:50	GYM DOS & CORE	
16:00 - 17:00	FUNCTIONAL TRAINING	  
17:00 - 18:00	FUNCTIONAL TRAINING	  
18:00 - 19:00	FUNCTIONAL TRAINING	  
18:00 - 18:45	INDOOR CYCLING	
19:00 - 19:45	ZUMBA	
20:00 - 20:45	PILATES	 

MARDI | DIENSTAG

09:00 - 09:50	F.A.C	 
10:00 - 10:50	PILATES	 
12:20 - 13:15	FUNCTIONAL TRAINING	  
18:00 - 19:00	FUNCTIONAL TRAINING	  
18:00 - 19:00	TBC	  
19:00 - 19:45	ZUMBA	
20:00 - 20:45	YOGA	 

MERCREDI | MITTWOCH

09:00 - 09:50	PILATES	 
10:00 - 10:50	PILATES - BODY ART	  
12:20 - 13:15	INDOOR CYCLING	 
17:45 - 18:30	HOT IRON	  
18:45 - 19:30	BOOSTAR	 

JEUDI | DONNERSTAG

09:00 - 09:50	GYM DOS & CORE	
12:20 - 13:15	FUNCTIONAL TRAINING	  
18:00 - 18:50	BODY ART	  
19:00 - 19:50	BODY SHAPE	 

VENDREDI | FREITAG

09:00 - 10:00	INDOOR CYCLING	
10:00 - 10:50	BODY SHAPE	 
17:00 - 18:00	FUNCTIONAL TRAINING	  
17:10 - 18:00	PILATES	 
18:00 - 19:00	FUNCTIONAL TRAINING	  
18:10 - 19:00	STRETCHING	

SAMEDI | SAMSTAG

09:00 - 09:55	BODY ART	  
09:00 - 09:55	FUNCTIONAL TRAINING	  
10:00 - 10:55	BODY ART	  

DIMANCHE | SONNTAG

10:00 - 11:00	INDOOR CYCLING	
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Silhouette Figurformung
Body Shaping



Renforcement | Muscle | Strenght
Muskelkräftigung & Straffung



Cardio



Régénération active
Aktive Entspannung | Relaxation