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.
17:30 - 18:20	INDOOR CYCLING
18:30 - 19:20	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