

EUER KURSPLAN IM FITNESSPARK FÜR 2016

GÜLTIG AB DIENSTAG, 04.10.2016

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG
	Terra	Sky	Terra	Sky	Terra	Sky	Terra	Sky	Terra	Sky	Terra	Sky	Terra
8.00 UHR	7.45 – 9.00		8.00 – 9.00		8.00 – 9.00		8.00 – 9.00		8.00 – 9.00				
	PRANAYAMA HATHA YOGA		VINYASA YOGA		RÜCKEN WSG		TRI YOGA		FASZIEN TRAINING				
9.00 UHR	9.00 – 10.00	9.00 – 10.00	9.00 – 10.00	9.00 – 10.00	9.00 – 10.00	9.00 – 10.00	9.00 – 10.15	9.00 – 10.00	9.00 – 10.00	9.00 – 10.00			10.15 – 11.30
	BODY FORMING	LES MILLS BODYBALANCE	SMOOVEY	LES MILLS BODYSTEP	SLINGS	BODY FORMING	LES MILLS BODYPUMP	DANCE AEROBIC	RÜCKEN WSG	SMOOVEY			LES MILLS BODYPUMP
10.00 UHR	10.00 – 11.00	10.00 – 11.00	10.00 – 11.00		10.00 – 11.00	10.00 – 11.00	10.15 – 11.15		10.00 – 11.00	10.00 – 11.00	10.30 – 11.30	10.15 – 11.15	11.30 – 12.00
	FASZIEN TRAINING	LES MILLS BODYVIVE 3.1	SLINGS		WORKOUT YOGA	LES MILLS BODYVIVE 3.1	CORE TRAINING		DANCE MOVES	LES MILLS BODYBALANCE	SLINGS	LES MILLS BODYCOMBAT	BAUCH INTENSIV
11.00 UHR													
17.00 UHR					17.30 – 18.30				17.00 – 18.00	17.00 – 18.00			
					RÜCKEN WSG				CORE TRAINING	JAZZ			
18.00 UHR	18.15 – 19.15	18.30 – 19.30	18.00 – 19.00	18.00 – 19.00	18.30 – 19.30	18.30 – 19.30		18.00 – 19.00	18.00 – 19.00	18.00 – 19.00			18.00 – 19.00
	LES MILLS BODYPUMP	LES MILLS BODYSTEP	FASZIEN TRAINING	CORE TRAINING	SLINGS	STEP F		MAXX F	LES MILLS BODYPUMP	DANCE MOVES			ANTI GRAVITY YOGA
19.00 UHR			19.00 – 20.00	19.00 – 20.00			18.45 – 19.45	19.00 – 20.00	19.15 – 19.45	19.00 – 20.00			
			LES MILLS BODYCOMBAT	DANCE AEROBIC			LES MILLS BODYSTEP	RÜCKEN WSG	LES MILLS GRIT	BOX-FIT			
19.30 UHR	19.30 – 20.30	19.30 – 20.00			19.30 – 20.30	19.30 – 20.30	19.45 – 20.45						
	SLINGS	LES MILLS GRIT			LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT						
20.00 UHR	20.30 – 21.30		20.00 – 21.00	20.00 – 21.00				20.00 – 20.30					
	VINYASA YOGA		LES MILLS BODYVIVE 3.1	CROSS TRAINING				LES MILLS GRIT					

SPINNING

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
		10.15 – 11.15		
19.00 – 20.00	19.15 – 20.15	19.00 – 20.00	19.00 – 20.00	18.00 – 19.00