KURSPLAN • HERBST 2018

Mindestteilnehmerzahl: 5 Teilnehmer

MONTAG

Raum A	Raum B	Raum C
	8.30 - 9.25h Yoga	
9.30 - 10.25h BodyStyling	9.30 - 10.25h SeniorFit	
10.30 - 11.25h LESMILLS BODYBALANCE™		
17.00 - 17.55h BodyStyling	17.00 - 17.55h LESMILLS BODYBALANCE™	17.00 - 17.55h Easy Cycle
18.00 - 18.55h WS/Stretch	18.00 - 18.55h Step I	18.00 - 18.55h Indoor Cycle II
19.00 - 19.55h NewFatburner	19.00 - 19.55h LESMILLS BODYPUMP™	19.00 - 19.55h Indoor Cycle I
20.00 - 20.55h Step Intro	20.00 - 20.25h Core	

DIENSTAG

Raum A	Raum B	Raum C
8.30 - 9.25h BodyStyling		
9.30 - 10.25h WS/Stretch		9.30 - 10.25h Indoor Cycle I
10.30 - 11.25h LESMILLS BODYPUMP™	10.30 - 11.25h Aerobic	
11.30 - 11.55h Faszientraining		
16.00 - 16.55h ZUMBA®	16.00 - 16.55h BodyStyling	
17.00 - 17.55h LESMILLS BODYPUMP™	17.00 - 17.55h Yoga	17.30 - 18.25h Indoor Cycle I
18.00 - 18.55h NewFatburner	18.00 - 18.55h Step II	18.30 - 19.25h Indoor Cycle I
19.00 - 19.55h BodyStyling	19.00 - 19.55h Step Intro	
20.00 - 20.25h Faszientraining		

MITTWOCH

Raum A	Raum B	Raum C
	8.30 - 9.25h LESMILLS BODYBALANCE™	
9.30 - 10.25h SeniorFit		9.30 - 10.25h Indoor Cycle I
10.30 - 11.25h BodyStyling	10.30 - 10.55h Core	
16.00 - 16.55h BodyStyling		
17.00 - 17.55h WS/Stretch VIACTIV FITNESS		
18.00 - 18.55h NewFatburner	18.30 - 18.55h Core	18.00 - 18.55h Indoor Cycle I
19.00 - 19.55h LESMILLS BODYPUMP™	19.00 - 19.55h Step Intro	
20.00 - 20.55h LESMILLS BODYBALANCE™		

DONNERSTAG

Raum A	Raum B	Raum C
8.30 - 9.25h WS/Stretch		
9.30 - 9.55h Core	9.30 - 10.25h Step Intro	9.30 - 10.25h Easy Cycle
10.00 - 10.25h Faszientraining		
10.30 - 11.25h BodyStyling		
17.30 - 18.25h BodyStyling		17.00 - 17.55h Indoor Cycle I
		18.00 - 18.55h Easy Cycle
18.30 - 19.25h LESMILLS BODYPUMP™	18.30 - 19.25h Step I	
19.30 - 20.25h BodyStyling	19.30 - 19.55h Core	
	20.00 - 20.55h ZUMBA®	

FREITAG

Raum A	Raum B	Raum C
	9.00 - 9.25h Core	
9.30 - 10.25h BodyStyling	9.30 - 10.25h Step I	9.30 - 10.25h Indoor Cycle I
10.30 - 11.25h LESMILLS BODYPUMP™	10.30 - 11.25h WS/Stretch	
15.30 - 16.25h WS/Stretch		
16.30 - 16.55h Faszientraining		
17.00 - 17.55h Step I	17.00 - 17.55h LESMILLS BODYBALANCE™	17.00 - 17.55h Indoor Cycle I
18.00 - 18.55h BodyStyling		18.00 - 18.55h Indoor Cycle II

SAMSTAG

Raum A	Raum B	Raum C
10.30 - 11.25h LESMILLS BODYPUMP™	10.30 - 11.25h Step I	10.30 - 11.25h Easy Cycle
11.30 - 12.25h NewFatburner	11.30 - 12.25h BodyStyling	11.30 - 12.25h Indoor Cycle I

SONNTAG

Raum A	Raum B	Raum C
		9.30 - 10.25h Indoor Cycle I
10.30 - 10.55h Core		10.30 - 11.25h Indoor Cycle I
11.00 - 11.55h BodyStyling	11.00 - 11.55h Aerobic	
12.00 - 12.55h NewFatburner	12.00 - 12.55h BodyStyling	
13.00 - 13.55h WS/Stretch		
15.00 - 15.55h LESMILLS BODYPUMP™		
16.00 - 16.55h Yoga		
17.00 - 17.55h ZUMBA®		

Öffnungszeiten: Mo. - Fr.: 7.00 - 22.30 Uhr • Sa. + So.: 9.00 - 19.00 Uhr

Viel Spaß wünscht Ihnen Ihr MYGYM Team!