CITYFITNESS POWERTOWER

KURSPLAN

Kursplan Herbst/Winter 2023/2024 . Gruppenfitness + Kleingruppentraining

GRUPPENFITNESS

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2	KURS RAUM 1	KURS RAUM 2
09.45 - 10.45 POWER YOGA		09.30 - 10.30 PILATES		09.45 - 10.45 POWER YOGA				09.15 - 10.15 PILATES			10.00 - 11.00 LMI STEP	9.30 - 10.30 RÜCKEN-FITNESS	9.30 -10.30 INDOOR CYCLING
10.45 - 11.45 RÜCKEN-FITNESS		10.30 - 11.30 BAUCH BEINE PO		10.45 - 11.45 RÜCKEN-FITNESS	10.30 -11.30 INDOOR CYCLING	10.15 - 11.15 BAUCH BEINE PO		10.15 - 11.15 RÜCKEN-FITNESS	10.30 -11.30 INDOOR CYCLING	11.00 - 12.00 LES MILLS BODYPUMP		10.45 - 11.45 LES MILLS BODYPUMP	10.45 - 11.45 BAUCH BEINE PO
												11.45 - 12.15 LES MILLS GRIT CARDIO	
17.00 - 18.00 YOGA	17.30 - 18.00 LES MILLS CORE	18.00 - 19.00 LES MILLS BODYPUMP	18.00 - 19.00 LES MILLS BODY-BALANCE			17.30 - 18.30 LES MILLS BODYPUMP							
18.15 - 19.15 LES MILLS BODYPUMP		19.00 - 20.00 LES MILLS BODY-COMBAT	19.00 - 20.00 INDOOR CYCLING	18.00 - 19.00 RÜCKEN-FITNESS	18.45 - 19.15 LES MILLS GRIT STRENGTH	18.30 - 19.00 LES MILLS CORE		18.00 - 19.00 RÜCKEN-FITNESS				16.30 - 17.30 LES MILLS BODY-COMBAT	
19.30 - 21.00 BOX FITNESS				19.00 - 19.30 STRETCH+ RELAX		19.00 - 20.00 LES MILLS BODY-COMBAT	19.00 - 20.00 INDOOR CYCLING	19.00 -20.00 LES MILLS BODYPUMP				17.30 - 18.30 LES MILLS BODY-BALANCE	

NEU KLEINGRUPPENTRAINING NEU

TRX ZONE	FUNCTIONAL ZONE	TRX ZONE	FUNCTIONAL ZONE	TRX ZONE	FUNCTIONAL ZONE	TRX ZONE	FUNCTIONAL ZONE	TRX ZONE	FUNCTIONAL ZONE	TRX ZONE	FUNCTIONAL ZONE	TRX ZONE	FUNCTIONAL ZONE
18.00 - 19.00 TRX TRAINING					18.00 - 19.00 FUNCTIONAL TRAINING								