

Kursplan im Fitnesspark

ab 07.09.2020

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag
Terra	Sky	Terra	Sky	Terra	Sky	Terra	Sky	Terra	Sky	Terra	Sky	Terra
8 ⁰⁰ -8 ⁵⁰ Pranayama Yoga		8 ⁰⁰ -8 ⁵⁰ Vinyasa Yoga		8 ⁰⁰ -8 ⁵⁰ Rücken WSG		8 ⁰⁰ -8 ⁵⁰ Vinyasa Yoga		8 ⁰⁰ -8 ⁵⁰ Faszien Training				
9 ⁰⁰ -9 ⁵⁰ Body Forming	9 ⁰⁰ -9 ⁵⁰ Fit & Vital	9 ⁰⁰ -9 ⁵⁰ Smovey*	9 ⁰⁰ -9 ⁵⁰ LMI Step	9 ⁰⁰ -9 ⁵⁰ Slings*	9 ⁰⁰ -9 ⁵⁰ Body Forming	9 ⁰⁰ -9 ⁵⁰ Body Pump	9 ⁰⁰ -9 ⁵⁰ Dance Aerobic	9 ⁰⁰ -9 ⁵⁰ Rücken WSG	9 ⁰⁰ -9 ⁵⁰ Smovey*			
10 ⁰⁰ -10 ⁵⁰ Faszien Training	10 ⁰⁰ -10 ⁵⁰ Tone	10 ⁰⁰ -10 ⁵⁰ Pilates		10 ⁰⁰ -10 ⁵⁰ Yoga	10 ⁰⁰ -10 ⁵⁰ Tone	10 ¹⁵ -11 ⁰⁵ Jumping	10 ⁰⁰ -10 ⁵⁰ Core	10 ⁰⁰ -10 ⁵⁰ Fit & Vital	10 ⁰⁰ -10 ⁵⁰ Dance Moves	10 ³⁰ -11 ²⁰ Slings*	10 ¹⁵ -11 ⁰⁵ <small>Jede gerade Woche</small> Body Combat	10 ¹⁵ -11 ⁰⁵ Body Pump
11 ⁰⁰ -11 ⁵⁰ Jumping										11 ³⁰ -12 ²⁰ Body Attack	<small>Jede ungerade Woche</small> Sh´bam	
				17 ³⁰ -18 ²⁰ Rücken WSG				17 ⁰⁰ -17 ⁵⁰ Core				
18 ⁰⁰ -18 ⁵⁰ Body Pump	18 ⁰⁰ -18 ⁵⁰ Deep Work	18 ⁰⁰ -18 ⁵⁰ Core	18 ⁰⁰ -18 ⁵⁰ Faszien Training	18 ³⁰ -19 ²⁰ Slings*	18 ³⁰ -19 ²⁰ Dance Aerobic	18 ³⁰ -19 ²⁰ LMI Step	18 ⁰⁰ -18 ⁵⁰ Maxx F	18 ⁰⁰ -18 ⁵⁰ Body Pump	18 ⁰⁰ -18 ⁵⁰ Athletic Movement			
19 ⁰⁰ -19 ⁵⁰ Body Attack	19 ¹⁵ -20 ⁰⁵ Sh´bam	19 ⁰⁰ -19 ⁵⁰ Slings*	19 ⁰⁰ -19 ⁵⁰ Body Combat	19 ³⁰ -20 ²⁰ Body Pump	19 ³⁰ -20 ²⁰ Tone	19 ³⁰ -20 ²⁰ Body Combat	19 ⁰⁰ -19 ⁵⁰ Rücken WSG	19 ¹⁵ -20 ⁰⁵ Jumping	19 ¹⁵ -19 ⁴⁵ Bauch intensiv			
20 ¹⁵ -21 ⁰⁵ Vinyasa Yoga	20 ¹⁵ -21 ⁰⁵ Maxx F	20 ⁰⁰ -20 ⁵⁰ Jumping					20 ⁰⁰ -20 ³⁰ Bauch intensiv		20 ¹⁵ -21 ⁰⁵ Box Fit			

* Bei diesen Kursen ist Handschuhpflicht! (ausgenommen sind eigene Smoveys und Slings)

Cycling:

Montag: 19⁰⁰-19⁵⁰

Dienstag: 19¹⁵-20⁰⁵

Mittwoch: 19⁰⁰-19⁵⁰

Donnerstag: 19⁰⁰-19⁵⁰