


Kursplan im Fitnesspark

ab 12.07.2021

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
Terra	Sky	Terra	Sky	Terra	Sky	Terra	Sky	Terra	Sky	Terra	Sky	Terra	Sky
		8 ⁰⁰ -8 ⁵⁰ Rücken WSG				8 ⁰⁰ -8 ⁵⁰ Yoga		8 ⁰⁰ -8 ⁵⁰ Faszien Training					
9 ⁰⁵ -9 ⁵⁵ Body- forming	9 ⁰⁵ -9 ⁵⁵ Fit & Vital	9 ⁰⁵ -9 ⁵⁵ Smovey	9 ⁰⁵ -9 ⁵⁵ LES MILLS LMI STEP	9 ⁰⁵ -9 ⁵⁵ Slings Workout	9 ⁰⁵ -9 ⁵⁵ Body- forming	9 ⁰⁵ -9 ⁵⁵ LES MILLS BODYPUMP	9 ⁰⁵ -9 ⁵⁵ Step Aerobic	9 ⁰⁵ -9 ⁵⁵ Rücken WSG	9 ⁰⁵ -9 ⁵⁵ Smovey				
10 ¹⁰ -11 ⁰⁰ Faszien Training	10 ¹⁰ -11 ⁰⁰ LES MILLS tone	10 ¹⁰ -11 ⁰⁰ Slings	10 ¹⁰ -11 ⁰⁰ LES MILLS CORE	10 ¹⁰ -11 ⁰⁰ Faszien- Pilates		10 ¹⁵ -11 ⁰⁵ Jumping	10 ¹⁰ -11 ⁰⁰ Core	10 ¹⁰ -11 ⁰⁰ Stretch & Relax	10 ¹⁰ -11 ⁰⁰ Dance Moves	10 ³⁰ -11 ²⁰ Slings	10 ¹⁵ -11 ⁰⁵ Jede gerade Woche LES MILLS BODYCOMBAT	10 ¹⁵ -11 ⁰⁵ LES MILLS BODYPUMP	10 ¹⁵ -11 ⁰⁵ Bauch- Beine-Po
11 ¹⁵ -12 ⁰⁵ Jumping											Jede ungerade Woche LES MILLS SH'BAM		
				17 ³⁰ -18 ²⁰ Jumping	17 ³⁰ -18 ²⁰ Rücken WSG			17 ⁰⁰ -17 ⁵⁰ LES MILLS CORE					
18 ⁰⁰ -18 ⁵⁰ LES MILLS BODYPUMP	18 ⁰⁰ -18 ⁵⁰ Deep Work	18 ⁰⁰ -18 ⁵⁰ Slings	18 ⁰⁰ -18 ⁵⁰ Faszien Training	18 ³⁵ -19 ²⁵ Slings	18 ³⁵ -19 ²⁵ LES MILLS tone	18 ³⁰ -19 ²⁰ LES MILLS LMI STEP	18 ⁰⁰ -18 ⁵⁰ Maxx F	18 ⁰⁵ -18 ⁵⁵ LES MILLS BODYPUMP	18 ¹⁰ -19 ⁰⁰ Step Aerobic				
19 ⁰⁵ -19 ⁵⁵ LES MILLS BODYATTACK	19 ¹⁰ -20 ⁰⁰ LES MILLS SH'BAM	19 ⁰⁵ -19 ⁵⁵ Core	19 ⁰⁵ -19 ⁵⁵ LES MILLS BODYCOMBAT	19 ⁴⁰ -20 ³⁰ LES MILLS BODYPUMP	19 ⁴⁰ -20 ³⁰ LES MILLS SH'BAM	19 ³⁵ -20 ²⁵ LES MILLS BODYCOMBAT	19 ⁰⁵ -19 ⁵⁵ Rücken WSG	19 ¹⁵ -20 ⁰⁵ Jumping	19 ¹⁵ -19 ⁴⁵ Bauch intensiv				
20 ⁴⁵ -21 ³⁵ Yoga	20 ¹⁵ -21 ⁰⁵ Maxx F	20 ¹⁰ -21 ⁰⁰ Jumping					20 ¹⁰ -20 ⁴⁰ Bauch intensiv		20 ¹⁵ -21 ⁰⁵ Box Fit 				

Cycling:

Montag: 19⁰⁰-19⁵⁰

Dienstag: 19¹⁵-20⁰⁵

Mittwoch: 18³⁰-19²⁰ und 19⁴⁰-20³⁰

Freitag: 18³⁰-19²⁰