

Gültig ab  
18. Januar  
2024

# YOGA & GRUPPENFITNESSKURSE FÜR DEIN ERFOLGREICHES TRAINING



MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG			
RAUM 1	RAUM 2	YOGA-RAUM	RAUM 1	RAUM 2	YOGA-RAUM	RAUM 1	RAUM 2	YOGA-RAUM	RAUM 1	RAUM 2	YOGA-RAUM	RAUM 1	RAUM 2	YOGA-RAUM	RAUM 1	RAUM 2	YOGA-RAUM	RAUM 1	RAUM 2	YOGA-RAUM	
8.30 - 9.25 <b>LES MILLS LMI STEP</b>		8.00 - 9.30 <b>PHYSIO-FLOW YOGA</b>	7.30 - 8.25 <b>LES MILLS BODYCOMBAT</b>			8.30 - 9.00 <b>LES MILLS CORE</b>			7.15 - 8.10 <b>LES MILLS BODYPUMP</b>			8.30 - 9.25 <b>LES MILLS BODYPUMP</b>			9.00 - 9.55 <b>LES MILLS BODYPUMP</b>	9.00 - 9.55 <b>LES MILLS BODYJAM</b>					
9.40 - 10.40 <b>SPORTZENTRUM WSG</b>	9.40 - 10.25 <b>LES MILLS Shapes</b>		8.30 - 9.30 <b>LES MILLS BODYPUMP</b>		9.15 - 10.30 <b>YOGA ALL LEVELS</b>	9.00 - 10.00 <b>SPORTZENTRUM WSG</b>	9.00 - 9.30 <b>LES MILLS barre</b>		8.15 - 9.10 <b>LES MILLS LMI STEP</b>			9.30 - 10.30 <b>SPORTZENTRUM WSG</b>	9.30 - 10.15 <b>LES MILLS Shapes</b>	9.30 - 11.00 <b>YOGA ALL LEVELS</b>	9.30 - 10.25 <b>LES MILLS LMI STEP</b>	9.40 - 10.25 <b>tone</b>	9.00 - 10.30 <b>VINYASA FLOW YOGA</b>	10.00 - 10.55 <b>LES MILLS BODYBALANCE</b>	9.55 - 10.40 <b>LES MILLS DANCE</b>	10.00 - 11.00 <b>YOGA MITTELSTUFE</b>	
					10.30 - 11.30 <b>YOGA BEGINNERS</b>	10.00 - 11.00 <b>SPORTZENTRUM WORKOUT</b>	9.30 - 10.25 <b>LES MILLS BODYBALANCE</b>	12.00 - 13.30 <b>LUNCH YOGA</b>		9.15 - 10.15 <b>SPINNING</b>	10.00 - 11.30 <b>YOGA ALL LEVELS</b>	10.30 - 11.30 <b>SPORTZENTRUM WORKOUT</b>			10.30 - 11.25 <b>LES MILLS BODYBALANCE</b>		10.30 - 11.30 <b>YOGA BEGINNERS</b>	11.00 - 11.45 <b>LES MILLS Shapes</b>	10.50 - 11.50 <b>SPINNING</b>	11.00 - 12.00 <b>YIN YOGA</b>	
16.30 - 17.30 <b>LES MILLS BODYPUMP</b>		17.00 - 17.55 <b>PILATES FLOW</b>	17.30 - 18.25 <b>LES MILLS BODYPUMP</b>	17.00 - 17.55 <b>LES MILLS BODYBALANCE</b>		17.20 - 18.15 <b>LES MILLS BODYPUMP</b>				17.00 - 17.55 <b>SPORTZENTRUM WSG</b>		17.00 - 17.55 <b>LES MILLS BODYATTACK</b>	17.00 - 17.45 <b>LES MILLS Shapes</b>	17.00 - 17.45 <b>KINDER YOGA 6 - 10 J.</b>	17.15 - 18.00 <b>Strength Development</b>			17.00 - 17.55 <b>LES MILLS BODYPUMP</b>			
18.10 - 18.55 <b>LES MILLS Shapes</b>	18.00 - 18.50 <b>LES MILLS RPM</b>		18.30 - 19.00 <b>LES MILLS CORE</b>	18.00 - 18.55 <b>LES MILLS LMI STEP</b>	18.00 - 18.55 <b>SPORTZENTRUM PILATES</b>	18.20 - 18.50 <b>LES MILLS GRIT   CARDIO</b>		18.00 - 18.55 <b>LES MILLS BODYBALANCE</b>	18.00 - 18.45 <b>Strength Development</b>	18.00 - 18.55 <b>SPORTZENTRUM WORKOUT</b>		18.00 - 18.55 <b>LES MILLS BODYPUMP</b>	18.00 - 19.30 <b>SPINNING</b>	18.00 - 19.30 <b>HATHA YOGA</b>	18.00 - 18.30 <b>LES MILLS GRIT   CARDIO</b>			18.00 - 18.55 <b>LES MILLS BODYCOMBAT</b>			
19.00 - 19.45 <b>Strength Development</b>	19.00 - 19.45 <b>tone</b>	19.00 - 20.30 <b>YOGA ALL LEVELS</b>	19.05 - 20.00 <b>LES MILLS BODYATTACK</b>	19.15 - 20.00 <b>Strength Development</b>	19.30 - 21.15 <b>ASHTANGA YOGA</b>	19.00 - 19.55 <b>LES MILLS BODYPUMP</b>	18.30 - 19.30 <b>SPINNING</b>		18.45 - 19.40 <b>LES MILLS BODYCOMBAT</b>	19.00 - 19.45 <b>LES MILLS DANCE</b>	19.00 - 19.55 <b>LES MILLS BODYBALANCE</b>	19.00 - 19.55 <b>LES MILLS BODYCOMBAT</b>									19.00 - 20.30 <b>ABEND YOGA</b>
19.50 - 20.45 <b>LES MILLS BODYCOMBAT</b>	20.00 - 21.00 <b>Latin Moves</b>			20.10 - 21.10 <b>SPINNING</b>		20.00 - 20.55 <b>LES MILLS BODYCOMBAT</b>															

ⓘ Bitte 5-10 min. vor Kursbeginn da sein.  
ⓘ Aus hygienischen Gründen bitte ein Handtuch oder eigene Matte mitbringen.

ⓘ Kurzfristige Änderungen spiegeln sich im Online-Buchungssystem wieder. Die Teilnahme an den Kursen kann nur nach vorheriger online Anmeldung gewährleistet werden.