ZUSAMMEN ANS LIMIT. DU HAST DIE WAHL. ALLE KURSE INKLUSIVE.

LesMills PREMIUM PARTNER

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
8.10 - 9.10 LesMills LMI STEP			7.30 - 8.30 LesMills BODYCOMBAT				8.00 - 8.30 LesMills CORE		7.15 - 8.15 LesMills BODYPUMP			8.30 - 9.30 LesMills BODYPUMP	8.40 - 9.25 LesMills THRIVE			9.00 - 9.45 LesMills FUNCTIONAL STRENGTH		9.00 - 10.00 LesMills BODYPUMP		09.30 - 10.30 YOGA MITTELSTUFE
9.15 - 10.00 LesMills THRIVE	9.15 - 10.00 LesMills PILATES		8.30 - 9.30 LesMills BODYPUMP	8.30 - 9.45 SportZentrum RÜCKENFIT	9.15 - 10.30 YOGA ALL LEVELS	9.00 - 10.00 SportZentrum WSG	8.30 - 9.30 LesMills BODYBALANCE		8.15 - 9.15 LesMills LMI STEP			9.30 - 10.30 SportZentrum WSG	9.30 - 10.15 LesMills Shapes	9.30 - 11.00 YOGA ALL LEVELS	9.30 - 10.30 LesMills LMI STEP	9.50 - 10.40 LesMills tone	9.00 - 10.30 VINYASA FLOW YOGA	10.00 - 11.00 LesMills BODYBALANCE	9.45 - 10.35 LesMills DANCE	10.30 - 11.30 YIN YOGA
		12.00 - 13.30 LUNCH YOGA			10.30 - 11.30 YOGA BEGINNERS	10.00 - 11.00 SportZentrum WORKOUT		12.00 - 13.30 LUNCH YOGA		9.15 - 10.15 SPINNING	10.00 - 11.30 YOGA ALL LEVELS	10.30 - 11.30 SportZentrum WORKOUT			10.30 - 11.30 LesMills BODYBALANCE		10.30 - 11.45 YOGA BEGINNERS	11.10 - 11.55 LesMills Shapes	11.00 - 12.00 SPINNING	
17.10- 17.55 LesMills tone			17.30- 18.30 LesMills BODYPUMP	17.00- 18.00 LesMills BODYBALANCE		17.20- 18.20 LesMills BODYPUMP	17.00- 17.45 LesMills Shapes		17.25 - 18.10 LesMills THRIVE	17.00 - 18.00 SportZentrum WSG		17.00 - 18.00 LesMills BODYATTACK	17.00 - 17.50 LesMills Shapes		17.15 - 18.00 LesMills BODYPUMP 45			17.00 - 18.00 LesMills BODYPUMP		
18.00 -18.45 LesMills Shapes	18.00 -18.45 LesMills RPM	18.00- 19.00 LesMills BODYBALANCE	18.30 -19.00 LesMills CORE	18.00 -19.00 LesMills LMI STEP		18.20 -18.50 LesMills GRIT	18.00 - 19.00 SPINNING	18.00 -19.00 LesMills BODYBALANCE	18.15 - 19.15 LesMills BODYCOMBAT	18.00 -19.00 SportZentrum WORKOUT		18.00 -19.00 LesMills BODYPUMP	18.15 - 19.45 SPINNING		18.00 - 18.30 LesMills GRIT			18.00 - 19.00 LesMills BODYCOMBAT		
19.00 - 19.45 LesMills BODYPUMP 45	19.10 - 19.40 LesMills GRIT	19.00 - 20.30 YOGA ALL LEVELS	19.05 - 20.00 LesMills BODYATTACK	19.00 - 19.45 LesMills DANCE	19.30 - 21.15 ASHTANGA YOGA	19.00 - 20.00 LesMills BODYPUMP	19.10 - 20.00 LesMills tone	19.00 - 20.00 SMART STRETCHING	19.15 - 20.00 LesMills PILATES	19.15 - 20.15 LesMills LMI STEP		19.00 - 20.00 LesMills BODYCOMBAT								
19.50 -20.50 LesMills BODYCOMBAT	19.50 -20.35 LesMills FUNCTIONAL STRENGTH		20.05 - 21.05 LesMills BODYPUMP			20.00 -21.00 LesMills BODYCOMBAT		20.00 -21.15 YIN YOGA												

GÜLTIG AB OKTOBER 2025

- 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 wider. Die Teilnahme an den Kursen kann nur nach vorheriger online Anmeldung gewährleistet werden.

SportZentrum POWER DICH AUS