WÄHL DEINEN KURS. GIB ALLES.

LesMills PREMIUMPARTNER

GÜLTIG AB OKTOBER 2026

MONTAG

RAUM 1	RAUM 2	YOGA-RAUM
8.10 - 9.10 LesMills LMI STEP		
9.15 - 10.00 LesMills THRIVE	9.15 - 10.00 LesMills PILATES	
		12.00 - 13.30 LUNCH YOGA
17.10 - 17.55 LesMills tone		
18.00 -18.45 LesMills Shapes	18.00 -18.45 LesMills RPM	18.00- 19.00 LesMills BODYBALANCE
19.00 - 19.45 LesMills BODYPUMP 45	19.10 - 19.40 LesMills GRIT	19.00 - 20.30 YOGA ALL LEVELS
19.50 -20.50 LesMills BODYCOMBAT	19.50 -20.35 LesMills CEREMONY HYROX	

DIENSTAG

RAUM 1	RAUM 2	YOGA-RAUM
7.30 - 8.30 LesMills BODYCOMBAT		
8.30 - 9.30 LesMills BODYPUMP	8.30 - 9.45 SPORTZENTRUM RÜCKENFIT	9.15 - 10.30 YOGA ALL LEVELS
		10.30 - 11.30 YOGA BEGINNERS
17.30 - 18.30 LesMills BODYPUMP	17.00 - 18.00 LesMills BODYBALANCE	
18.30 -19.00 LesMills CORE	18.00 -19.00 LesMills LMI STEP	
19.05 - 19.50 LesMills DANCE	19.15 - 20.15 SPINNING	19.30 - 21.15 ASHTANGA YOGA

MITTWOCH

RAUM 1	RAUM 2	YOGA-RAUM
8.00 - 9.00 SPORTZENTRUM WORKOUT	8.00 - 8.30 LesMills CORE	
9.00 - 10.00 SPORTZENTRUM WSG	8.30 - 9.30 LesMills BODYBALANCE	9.30 - 10.45 VINYASA FLOW YOGA
		12.00 - 13.15 LUNCH YOGA
17.20 - 18.20 LesMills BODYPUMP	17.00 - 17.45 LesMills Shapes	
18.20 -18.50 LesMills GRIT	18.00 - 19.00 SPINNING	18.00 -19.00 LesMills BODYBALANCE
19.00 - 20.00 LesMills BODYPUMP	19.10 - 20.00 LesMills tone	19.00 - 20.00 SMART STRETCHING
20.00 - 21.00 LesMills BODYCOMBAT		20.00 - 21.15 YIN YOGA

DONNERSTAG

RAUM 1	RAUM 2	YOGA-RAUM
7.15 - 8.15 LesMills BODYPUMP		
8.15 - 9.15 LesMills LMI STEP		
9.15 - 10.00 LesMills DANCE	9.15 - 10.15 SPINNING	10.00 - 11.30 YOGA ALL LEVELS
17.25 - 18.10 LesMills BODYPUMP 45	17.00 - 18.00 SPORTZENTRUM WSG	
18.15 - 19.15 LesMills BODYCOMBAT	18.00 -19.00 SPORTZENTRUM WORKOUT	
19.15 - 20.00 LesMills PILATES	19.15 - 20.15 LesMills LMI STEP	

FREITAG

RAUM 1	RAUM 2	YOGA-RAUM
8.30 - 9.30 LesMills BODYPUMP		
9.30 - 10.30 SPORTZENTRUM WSG	9.30 - 10.15 LesMills Shapes	9.30 - 11.00 YOGA ALL LEVELS
10.30 - 11.30 SPORTZENTRUM WORKOUT		
17.00 - 18.00 LesMills BODYATTACK	17.00 - 17.50 LesMills Shapes	
18.00 -19.00 LesMills BODYPUMP	18.15 - 19.45 SPINNING	18.00 -19.00 LesMills yoga
19.00 - 20.00 LesMills BODYCOMBAT		

SAMSTAG

RAUM 1	RAUM 2	YOGA-RAUM
	9.00 - 9.45 LesMills FUNCTIONAL STRENGTH	
9.30 - 10.30 LesMills LMI STEP	9.50 - 10.40 LesMills tone	9.00 - 10.30 VINYASA FLOW YOGA
10.30 - 11.30 LesMills BODYBALANCE	10.45 - 11.30 LesMills CEREMONY HYROX	10.30 - 12.00 YOGA BEGINNERS
17.00 - 18.00 LesMills BODYPUMP		
18.00 - 18.30 LesMills GRIT		

SONNTAG

RAUM 1	RAUM 2	YOGA-RAUM
9.00 - 10.00 LesMills BODYPUMP	9.00 - 9.30 LesMills BODYJAM	9.15 - 10.30 YOGILATES
10.00 - 11.00 LesMills BODYBALANCE	9.30 - 10.20 LesMills DANCE	10.30 - 11.30 YIN YOGA
11.10 - 11.55 LesMills Shapes	10.45 - 11.45 SPINNING	
17.00 - 18.00 LesMills BODYPUMP		
18.00 - 19.00 LesMills BODYCOMBAT		

- 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