

MONTAG					DIENSTAG					MITTWOCH					DONNERSTAG					FREITAG					SAMSTAG							
	Zone 1	Zone 2	Zone 3	Gym		Zone 1	Zone 2	Zone 3	Gym		Zone 1	Zone 2	Zone 3	Gym		Zone 1	Zone 2	Zone 3	Gym		Zone 1	Zone 2	Zone 3	Gym		Zone 1	Zone 2	Zone 3	Gym			
07.30					07.30					07.30					07.30					07.30						10.15						
08.00					08.00					08.00					08.00					08.00						10.30	Shinergy 1+2 Chris	Hot Iron 1 Olivia	Ashtanga Yoga Gino	Open Gym		
08.30					08.30				Open Gym	08.30					08.30				Open Gym	08.30						11.00						
09.00					09.00					09.00					09.00					09.00						11.30	Young Combat Chris	Shape Up Olivia		Athletics Lukas		
09.30					09.30		Shape Up Kamila		Athletics Lukas	09.30			Pilates Claudia		09.30		Shape Up Kamila		Athletics Lukas	09.30			Pilates Rita	Yin Yoga Jasmin		12.00						
10.00	Shinergy 1+2 Elias	Hot Iron 1* Stefan	Yin Yoga Pina		10.00			Ashtanga Yoga Gino		10.00	Shinergy 1+2 Elias	Hot Iron 1* Stefan			10.00	MMA Ground Control Lukas	Barre Workout Kamila	Yin Yoga Pina		10.00					12.30	MMA Ground Control Lukas						
10.30		Pilates Rita			10.30	Kickbox Workout Elias	Barre Workout Kamila			10.30					10.30					10.30	Kickbox Workout Mareike				13.00							
11.00					11.00					11.00			Yin-Yasa Yoga Waltraud		11.00					11.00				Vinyasa Flow Yoga Barbara		13.30						
11.30					11.30					11.30					11.30					11.30						14.00						
12.00					12.00					12.00					12.00					12.00						14.30						
12.30					12.30					12.30					12.30					12.30						15.00						
13.00			Vinyasa Flow Yoga Pina	Open Gym	13.00		Pilates Rita			13.00	Kickbox Workout Elias		Vinyasa Flow Yoga Regina	Open Gym	13.00		Pilates Rita			13.00					15.30							
13.30					13.30					13.30					13.30					13.30						16.00	Shinergy 1 Hans			Open Gym		
14.00					14.00					14.00					14.00					14.00						16.30						
14.30					14.30					14.30					14.30					14.30						17.00						
15.00					15.00	Shinergy Mini 3-5J Chris				15.00					15.00					15.00						17.30	Shinergy Kicks Chris	Barre Workout Stefan	Yin-Yasa Yoga Hannah			
15.30					15.30					15.30					15.30					15.30						18.00						
16.00					16.00	Shinergy Kids 6-9 J Chris				16.00	Shinergy Mini 3-5J Chris				16.00					16.00						18.30	Kickbox Workout Chris	Deep Work Stefan				
16.30					16.30					16.30					16.30	Young Combat Elias				16.30	Shinergy Kids 6-9 J Chris	Pilates Kamila			19.00	Supreme Team			Open Gym			
17.00					17.00				Athletics Young 9-14J Chris	17.00	Shinergy Kids 6-9 J Chris	Pilates Kamila			17.00		Pilates Stefan			17.00												
17.30	Shinergy Young 10-14 J Elias	Hot Iron* Kamila			17.30		Shape Up Kamila			17.30					17.30	Kickbox Workout Chris			Athletics Young 9-14J Elias	17.30	Shinergy Young 10-14 J Chris	Hot Iron 1* Kamila	Ashtanga Yoga Julia									
18.00					18.00	Kickbox Workout Elias		Easy Flow Yoga Jasmin	Athletics Lorin	18.00	Shinergy 1 Ronny	Barre Workout Kamila	Vinyasa Flow Yoga Regina	Athletics Intro* Lukas	18.00		Shape Up Olivia	Ashtanga Yoga Gino		18.00												
18.30	Shinergy 1 Ronny	Deep Work Kamila	Yoga Rocks Barbara	Athletics Elias	18.30		Pilates Kamila			18.30					18.30					18.30	Shinergy 1 Hans	Shape Up Kamila			Athletics Chris							
19.00	Ende 19.15 Uhr				19.00	Shinergy 1+2 Elias	Hot Iron 1* Kamila	Yin Yoga Barbara	Disco Pump Lorin	19.00	Ende 19.15 Uhr				19.00	Shinergy 1+2 Chris	Deep Work Iris			19.00	Ende 19:15		Easy Flow Yoga Jasmin	Disco Pump Chris/Lorin								
19.30	19.15 Uhr Shinergy 2* Ronny	Pilates Kamila			19.30					19.30	19.15 Uhr Shinergy 2* Ronny	Hot Iron* Kamila	Yin Yoga Regina	Athletics Lukas	19.30					19.30	19:15 Shinergy 2* Elias											
20.00			Yin-Yasa Yoga Regina		20.00	Kickbox Workout Tina				20.00					20.00			Yin-Yasa Yoga Barbara		20.00												
20.30		Barre Workout Kamila			20.30					20.30	20.15 Uhr Sparring				20.30	Freedom Fighters* Ronny				20.30	20.15 Uhr Sparring											
21.00					21.00					21.00					21.00					21.00												
21.30					21.30					21.30					21.30					21.30												
22.00					22.00					22.00					22.00					22.00												

**SONNTAG/FEIERTAG**

	Zone 1	Zone 2	Zone 3	Gym
10.30				
11.00	Kickbox Workout Mareike	Hot Iron* Kamila		
11.30	Sparring	Shape Up Kamila	Yoga Rocks Barbara	
12.00				
12.30				
13.00				Open Gym
13.30				
14.00				
16.00	Freedom Fighters* Ab 15:30 Uhr Ali Reza			
16.30				
17.00	Kickbox Workout Valentin	Pilates Stefan	Vinyasa Flow Yoga Jasmin	Open Gym
17.30				
18.00				
18.30	Shinergy 1+2 Tina	Hot Iron 1* Stefan	Yin Yoga Jasmin	Athletics Valentin
19.00				Open Gym
19.30				

Information zum Kursplan gültig ab 07.09.2020

- \*An Feiertagen gilt der Sonntags-Stundenplan
- \*Der Einstieg in Shinergy 1 und 1+2 ist jederzeit möglich
- \*Athletics Intro: Erstellung des individuellen Trainingsplanes als Voraussetzung zur Teilnahme an den Athletics Kursen
- \*Die Teilnahme an 2er-Kursen (Fortgeschrittene) ist nach Rücksprache mit den Trainern möglich
- \*Hot Iron: Für den Einstieg wird der Besuch unserer Hot Iron 1 Kurse empfohlen
- \*Freedom Fighters: Projekt für Angekommene und Kriegsflüchtlinge