

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						
08.30				Open Gym	08.30				Open Gym	08.30					08.30				Open Gym	08.30						11.00		Hot Iron 2* Kamila	Ashtanga Yoga Gino	Open Gym		
09.00		Hot Iron 1* Kamila			09.00					Athletics Lukas	09.00		Pilates Claudia			09.00				Athletics Lukas	09.00			Barre Workout Chiara			11.30		Shape Up Kamila		Athletics Lukas	
09.30					09.30		Shape Up Kamila				09.30					09.30		Shape Up Kamila			09.30						12.00					
10.00	Shinergy 1+2 Ronny	Pilates Kamila	Yin Yoga Jasmin		10.00				Ashtanga Yoga Gino		10.00		Shinergy 1+2 Ronny			10.00			Yin Yoga Nikoleta		10.00						12.30					
10.30					10.30		Kickbox Workout Mareike	Barre Workout Kamila			10.30				Yin-Yasa Yoga Veronika		10.30					10.30						13.00				
11.00					11.00						11.00						11.00					11.00						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					13.00						13.00						13.00					13.00						15.30				
13.30				13.30						13.30						13.30					13.30						16.00					
14.00				14.00						14.00						14.00					14.00						16.30					
14.30				14.30						14.30						14.30					14.30						17.00	Shinergy 1 Hans				
15.00				15.00						15.00						15.00					15.00						17.30		Barre Workout Chiara			
15.30				15.30						15.30						15.30					15.30						18.00			Yin Yoga Nikoleta		
16.00				16.00						16.00						16.00					16.00						18.30	Kickbox Workout Hans	Dance Workout Chiara			
16.30				16.30						16.30						16.30					16.30						19.00					
17.00				17.00						17.00						17.00					17.00											
17.30	Shinergy K&Y 6-14J Chris	Barre Workout Kamila		17.30			Shape Up Kamila		Athletics Young 9-14J Chris	17.30	Shinergy K&Y 6-14J Chris	Pilates Kamila			17.30					17.30	Shinergy K&Y 6-14J Chris	Hot Iron 1* Kamila	Easy Flow Yoga Barbara									
18.00				18.00				Easy Flow Yoga Jasmin		18.00	Shinergy 1 Ronny	Barre Workout Kamila	Vinyasa Flow Yoga Regina	Athletics Intro* Lukas	18.00	Kickbox Workout Chris	Hot Iron 2* Renata	Ashtanga Yoga Gino		18.00	Shinergy 1 Hans	Shape Up Kamila		Calis-thenics Chris		10.30						
18.30	Shinergy 1 Ronny	Deep Work Kamila	Vinyasa Flow Yoga Barbara	18.30	Kickbox Workout Chris	Pilates Kamila			Open Gym	18.30	Ende 19.15 Uhr				18.30	Ende 19.15 Uhr				18.30	Ende 19.15 Uhr					11.00		Hot Iron 1* Anna				
19.00				19.00	Shinergy Kicks Chris	Hot Iron 1* Kamila	Yin Yoga Nikoleta		Athletics Renata	19.00	Shinergy 2* Ronny	Deep Work Kamila	Yin Yoga Regina		19.00	Kickbox Workout Chris	Pilates Claudia			19.00	Supreme Team Start: 19:15			Yin Yoga Barbara	Disco Pump Chris	11.30		Shape Up Anna				
19.30	Ende 19.15 Uhr	Hot Iron 2* Kamila		19.30						20.00					20.00						20.00					12.00						
19.30	19.15 Uhr			19.30	Freedom Fighters* Ali Reza	Deep Work Renata Ab1.8				20.30	Sparring				20.30	Freedom Fighters* Ronny				20.30						12.30						
20.00	Shinergy 2* Ronny		Yin Yoga Barbara	20.00						21.00					21.00						21.00						13.00					
20.30				20.30						21.30					21.30						21.30						13.30					
21.00	Sparring			21.00						22.00					22.00						22.00						14.00					
21.30				21.30																							14.30					
22.00				22.00																							15.00					

**SONNTAG/FEIERTAG**

	Zone 1	Zone 2	Zone 3	Gym
10.30				
11.00		Hot Iron 1* Anna		
11.30				
12.00		Shape Up Anna		
12.30				
13.00				
13.30				Open Gym
14.00				
16.00				
16.30				
17.00			Vinyasa Flow Yoga Jasmin	Open Gym
17.30		Deep Work Veronika		
18.00				
18.30			Yin Yoga Jasmin	Open Gym
19.00		Pilates Veronika		
19.30				

Information zum Kursplan gültig ab 01.07.2022

- \*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