

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						
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				Open Gym	11.00		Bodywork Seda	Ashtanga Yoga Gino		
09.00		Hot Iron 1* Kamila	Morning Yoga Jasmin		09.00		Shape Up Kamila		Athletics Mareike	09.00		Pilates Claudia			09.00		Shape Up Kamila	Morning Yoga Nikoleta		09.00		Barre Workout Julia		Athletics Mareike	11.30		Pilates Seda			
09.30	Shinergy All Ronny	Pilates Kamila	Yin Meditation Yoga Jasmin		09.30		Kickbox Workout Mareike	Barre Workout Kamila	Ashtanga Yoga Gino	09.30	Shinergy All Ronny			Yin-Yasa Yoga Jasmin	09.30		Hot Iron 1* Kamila	Yin Meditation Yoga Nikoleta		09.30	Kickbox Workout Mareike	Latin Dance Julia	Vinyasa Flow Yoga Barbara		12.00					
10.00					10.00					10.00					10.00					10.00						12.30				
10.30					10.30					10.30					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				Open Gym
12.30					12.30					12.30					12.30					12.30						15.00				
13.00					13.00					13.00				Easy Flow Yoga Jasmin	Open Gym	13.00		Pilates Rita		Open Gym	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					Open Gym	16.30		HIIT Julia	Hot Yoga Sarah		
14.30				14.30					14.30					14.30					14.30						17.00	Shinergy All Hans	Barre Workout Julia	17.15 Uhr Vinyasa Flow Yoga Sarah		
15.00				15.00		Freedom Fighters* 9-14J Ab 15.1			15.00	Shinergy Mini 3-5J Chris				15.00					15.00					18.00						
15.30				15.30					15.30					15.30					15.30	Shinergy Kids 6-9J Chris					18.30	Kickbox Workout Hans	Latin Dance Julia			
16.00	Shinergy Kids 6-9J Chris			16.00	Shinergy Young Combat ab 15.1			Athletics Young 9-14J Chris	16.00	Shinergy Kids 6-9J Chris				16.00					16.00	Shinergy Young Combat Chris					19.00					
16.30				16.30					16.30					16.30					16.30		Hot Iron 1* Kamila	Easy Flow Yoga Barbara								
17.00	Shinergy Young 10-14J Chris	Barre Workout Kamila	Yin Yoga Barbara	17.00	Kickbox Workout Chris	Shape Up Kamila		Open Gym	17.00	Shinergy Young 10-14J Chris	Pilates Kamila	Vinyasa Flow Yoga Regina		17.00		Pilates Claudia		Cross Fitness Chris	17.00											
17.30				17.30					17.30					17.30					17.30	Shinergy Basics Hans										
18.00	Shinergy Basics Ronny	Deep Work Kamila	Vinyasa Flow Yoga Barbara	18.00	Flash Kickbox Katharina	Pilates Kamila	Easy Flow Yoga Jasmin	Cross Fitness Chris	18.00	Shinergy Basics Ronny	Barre Workout Kamila	Hot Yoga Regina	Athletics Intro* Lukas	18.00	Kickbox Workout Chris	Hot Iron Renata	Ashtanga Yoga Gino	Open Gym	18.00	Shinergy Basics Hans	Shape Up Kamila	Hot Yoga Barbara	Cross Fitness Chris	18.00						
18.30	Ende 19.15 Uhr			18.30	Kickbox Workout Ali Reza	Hot Iron 1* Kamila	Yin Meditation Yoga Nikoleta	Athletics Renata	18.30	Ende 19.15 Uhr	Deep Work Kamila	Yin Sound Yoga Regina & Julia	Athletics Lukas	18.30	Flash Kickbox Chris	HIIT Seda		Athletics Renata	18.30	Ende 18.45 Uhr					11.00		Hot Iron 1* Anna			
19.00	19.15 Uhr Shinergy Combat Ronny	Hot Iron Kamila	Hot Yoga Barbara	19.00	Freedom Fighters* Ali Reza	Deep Work Renata		Open Gym	19.00	19.15 Uhr Shinergy Combat Ronny				19.00					19.00	18.45 Uhr Shinergy Combat Ronny	Belly Dance Workout ab 15.1	Yin Yoga Barbara	Disco Pump Chris	11.30		Shape Up Anna				
19.30				19.30					19.30					19.30					19.30						12.00					
20.00				20.00					20.00					20.00					20.00						12.30					
20.30				20.30					20.30					20.30					20.30						13.00					
21.00				21.00					21.00					21.00					21.00						13.30					
21.30				21.30					21.30					21.30					21.30						14.00					
22.00				22.00					22.00					22.00					22.00						14.30					

SONNTAG/FEIERTAG

	Zone 1	Zone 2	Zone 3	Gym
10.30				
11.00		Hot Iron 1* Anna		
11.30		Shape Up Anna		
12.00				
12.30				
13.00				
13.30				
14.00				
14.30				
15.00				
15.30				
16.00				
16.30		Barre Workout Julia		
17.00			Vinyasa Flow Yoga Josefina	
17.30		HIIT Julia		Open Gym
18.00				
18.30		Pilates Julia	Yin Sound Yoga Josefina & Julia	Open Gym
19.00				
19.30				

Information zum Kursplan gültig ab 09.01.2023

- *An Feiertagen gilt der Sonntags-Stundenplan
- *Der Einstieg in Shinergy All und Basic ist jederzeit möglich
- *Athletics Intro: Erstellung des individuellen Trainingsplanes als Voraussetzung zur Teilnahme an den Athletics Kursen
- *Die Teilnahme an Combat-Kursen 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
- *Das Spa (mit Sauna und Dampfbad) ist von 9:00 bis 21:30 geöffnet