

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				Open Gym	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		Shape Up Kamila		Athletics Lukas	09.00		Pilates Claudia			09.00		Shape Up Kamila		Athletics Lukas	09.00		Barre Workout Chiara			11.30		Shape Up Kamila		Athletics Lukas	
09.30	Shinergy 1+2 Ronny	Pilates Kamila	Yin Yoga Jasmin		09.30		Kickbox Workout Mareike	Barre Workout Kamila	Ashtanga Yoga Gino	09.30	Shinergy 1+2 Ronny			Yin-Yasa Yoga Veronika	09.30		Hot Iron 1* Kamila	Yin Yoga Nikoleta		09.30					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	Shinergy Family Abbas			
12.30					12.30					12.30					12.30					12.30						15.00				
13.00					13.00					13.00					13.00		Pilates Rita			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	Barre Workout Chiara			
15.00				15.00					15.00	Shinergy Mini 3-5J Chris				15.00					15.00						17.30					
15.30				15.30					15.30					15.30					15.30						18.00	Kickbox Workout Hans	Dance Workout Chiara	Yin Yoga Nikoleta		
16.00	Shinergy Kids 6-9J Chris			16.00	Shinergy Mini 3-5J Chris				16.00	Shinergy Kids 6-9J Chris				16.00					16.00	Shinergy Kids 6-9J Chris					18.30					
16.30				16.30					16.30					16.30					16.30						19.00					
17.00	Shinergy Young 10-14J Chris	Barre Workout Kamila	Dance Workout Jacy	17.00		Shape Up Kamila		Athletics Young 9-14J Chris	17.00	Shinergy Young 10-14J Chris	Pilates Kamila	Dance Workout Jacy		17.00					17.00	Shinergy Young 10-14J Chris	Hot Iron 1* Kamila	Easy Flow Yoga Barbara		SONNTAG/FEIERTAG						
17.30				17.30					17.30					17.30	Kickbox Workout Chris	Hot Iron 2* Renata	Ashtanga Yoga Gino		17.30					10.30						
18.00	Shinergy 1 Ronny	Deep Work Kamila	Vinyasa Flow Yoga Barbara	18.00	Kickbox Workout Chris	Pilates Kamila	Easy Flow Yoga Jasmin	Calis-thenics Jacy	18.00	Shinergy 1 Ronny	Barre Workout Kamila	Vinyasa Flow Yoga Regina	Athletics Intro* Lukas	18.00	Shinergy Combat 1+2 Chris	Pilates Claudia	Yin-Yasa Yoga Regina		18.00	Shinergy 1 Hans	Shape Up Kamila		Calis-thenics Chris	11.00		Hot Iron 1* Anna				
18.30	Ende 19.15 Uhr	Hot Iron 2* Kamila		18.30	Shinergy Kicks Chris	Hot Iron 1* Kamila	Yin Yoga Nikoleta	Athletics Renata	18.30	Ende 19.15 Uhr	Deep Work Kamila	Yin Yoga Regina	Athletics Lukas	18.30					18.30	Ende 19:15		Yin Yoga Barbara	Disco Pump Chris	11.30		Shape Up Anna				
19.00	Shinergy 2* Ronny		Yin Yoga Barbara	19.00	Freedom Fighters* Ali Reza				19.00	Shinergy 2* Ronny				19.00	Freedom Fighters* Ronny				19.00	Supreme Team Start: 19:15				12.00						
20.00				20.00					20.00					20.00					20.00					12.30						
20.30	Sparring			20.30					20.30	Sparring				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						
																								15.00						
																								15.30						
																								16.00						
																								16.30						
																								17.00				Vinyasa Flow Yoga Jasmin	Open Gym	
																								17.30	Shinergy 1+2 Valentin	Deep Work Veronika				
																								18.00						
																								18.30				Yin Yoga Jasmin	Open Gym	
																								19.00	Kickbox Workout Valentin	Pilates Veronika				
																								19.30						

Information zum Kursplan gültig ab 09.05.2022

\*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