

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					08.30					11.00	Freedom Fighters* Ali Reza	Hot Iron* Kamila	Ashtanga Yoga Gino	Open Gym				
09.00		Hot Iron 1* Kamila			09.00		Shape Up Kamila		Athletics Lukas	09.00		Pilates Claudia		Athletics Lukas	09.00		Barre Workout Chiara			09.00					11.30		Shape Up Kamila		Athletics Lukas				
09.30	Shinergy 1+2 Ronny	Pilates Kamila	Yin Yoga Jasmin		09.30				Ashtanga Yoga Gino	09.30	Shinergy 1+2 Ronny			Hot Yin-Yoga Veronika	09.30		Hot Iron 1* Kamila		Yin Yoga Nikoleta	09.30					12.00								
10.00					10.00		Kickbox Workout Mareike	Barre Workout Kamila		Open Gym	10.00					10.00					10.00					12.30							
10.30					10.30						10.30						10.30					10.30					13.00	Grappling for MMA Lukas					
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	Pilates Rita					
15.00				15.00					15.00	Shinergy Mini 3-5J Chris					15.00					15.00					17.30				Yin Yoga Nikoleta				
15.30				15.30					15.30						15.30					15.30					18.00								
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					18.30	Kickbox Workout Hans							
16.30				16.30					16.30						16.30					16.30					19.00								
17.00	Shinergy Young 10-14J Chris	Barre Workout Kamila		17.00	Freedom Fighters* Ali Reza	Shape Up Kamila		Athletics Young 9-14J Chris	17.00	Shinergy Young 10-14J Chris	Pilates Kamila			17.00					17.00														
17.30				17.30					17.30						17.30					17.30													
18.00	Shinergy 1 Ronny	Deep Work Kamila	Vinyasa Flow Yoga Barbara	Athletics Lina	18.00	Kickbox Workout Valentin	Pilates Kamila	Easy Flow Yoga Jasmin	Calis-thenics Chris	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	Open Gym	18.00	Shinergy Young 10-14J Chris	Hot Iron 1* Kamila	Easy Flow Yoga Barbara	Calis-thenics Chris									
18.30				18.30					18.30						18.30					18.30													
19.00	Ende 19.15 Uhr			19.00					19.00	Ende 19.15 Uhr					19.00	Shinergy 1+2 Chris	Pilates Claudia		Calis-thenics Valentin	19.00	Shinergy 1 Hans	Shape Up Kamila		Yin Yoga Barbara	Disco Pump Chris								
19.30	19.15 Uhr	Hot Iron 2* Kamila		19.30	Shinergy 1+2 Chris	Hot Iron 1* Kamila	Vinyasa Flow Yoga Barbara		Athletics Renata	19.30	19.15 Uhr	Deep Work Kamila	Yin Yoga Regina	Athletics Lukas	19.30					19.30	Ende 19:15												
20.00	Shinergy 2* Ronny		Hot Yin-Yoga Barbara	Open Gym	20.00				Open Gym	20.00	Shinergy 2* Ronny			Open Gym	20.00					20.00													
20.30	20.15 Uhr				20.30						20.30	20.15 Uhr	Sparring				20.30	Freedom Fighters* Ronny			Hot Yin-Yoga Regina	Open Gym	20.30	Shinergy Supreme Team									
21.00	Sparring				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		Hot Iron 1* Anna		
11.30		Shape Up Anna		
12.00				
12.30				
13.00				Open Gym
13.30				
14.00				
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 10.01.2022

- *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