

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					07.30					10.15					
08.00					08.00					08.00					08.00					08.00					08.00					10.30					
08.30					08.30				Open Gym	08.30					08.30					08.30				Open Gym					11.00		Bodywork Seda	Ashtanga Yoga Gino			
09.00		Hot Iron 1* Kamila	Morning Yoga Jasmin	Open Gym	09.00		Shape Up Kamila		Athletics Mareike	09.00		Pilates Claudia			09.00		Shape Up Kamila	Morning Yoga Nikoleta		09.00		Barre Workout Julia	Morning Yoga Alexis	Athletics Mareike			11.30		Pilates Seda						
09.30					09.30					09.30					09.30					09.30								12.00					Open Gym		
10.00	Shinergy All Ronny	Pilates Kamila	Yin Meditation Yoga Jasmin	Cross Fitness Lorenz	10.00	Kickbox Workout Mareike	Barre Workout Kamila	Ashtanga Yoga Gino		10.00	Shinergy All Ronny				10.00					10.00	Kickbox Workout Mareike	Latin Dance Julia					12.30								
10.30					10.30					10.30			Yin-Yasa Yoga Jasmin		10.30		Hot Iron 1* Kamila	Yin Meditation Yoga Nikoleta		10.30			Vinyasa Flow Yoga Alexis					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			Power Yoga Lorenz				
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			13.00								15.30				Cross Fitness Lorenz			
13.30			Active Flow Yoga Alexis		13.30					13.30					13.30					13.30								16.00							
14.00				Open Gym	14.00				Open Gym	14.00					14.00					14.00				Open Gym				16.30		HIIT Julia					
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		Open Gym		
15.00					15.00	Freedom Fighters* 9-14J Ab 15.1				15.00					15.00					15.00							17.30								
15.30					15.30					15.30					15.30					15.30							18.00	Kickbox Workout Hans	Latin Dance Julia						
16.00	Shinergy Kids 6-9J Chris				16.00	Shinergy Young Combat ab 15.1				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															
17.00	Shinergy Young 10-14J Chris	Barre Workout Kamila	Yin Yoga Barbara		17.00		Shape Up Kamila			17.00	Shinergy Young 10-14J Chris	Pilates Kamila			17.00				Cross Fitness Chris	17.00			Hot Iron 1* Kamila	Easy Flow Yoga Barbara											
17.30					17.30					17.30					17.30		Pilates Claudia			Cross Fitness Chris	17.30	Shinergy Basics Hans													
18.00	Shinergy Basics Ronny	Deep Work Kamila	Vinyasa Flow Yoga Barbara	Athletics Lina	18.00	Flash Kickbox Katharina	Pilates Kamila	Easy Flow Yoga Jasmin	Cross Fitness Chris	18.00	Shinergy Basics Ronny	Barre Workout Kamila	Vinyasa Flow 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	Yin Yoga Barbara	Cross Fitness Chris											
18.30					18.30					18.30					18.30					Open Gym	18.30	Ende: 18.45 Uhr													
19.00					19.00	Kickbox Workout Ronny	Hot Iron 1* Kamila	Yin Meditation Yoga Nikoleta	Athletics Renata	19.00					19.00	Flash Kickbox Chris	HIIT Seda		Athletics Renata	19.00	18.45 Uhr Shinergy Combat Ali Reza														
19.30		Hot Iron Kamila		Disco Pump Angi	19.30					19.30	19.15 Uhr Shinergy Combat Ronny				19.30			Yin Meditation Yoga Regina	Open Gym	19.30															
20.00	19.15 Uhr Shinergy Combat Ronny				20.00	Freedom Fighters* Ronny	Deep Work Renata			20.00					20.00					Open Gym	20.00														
20.30					20.30					20.30					20.30					Open Gym	20.30														
21.00					21.00					21.00					21.00					Open Gym	21.00														
21.30					21.30					21.30					21.30					Open Gym	21.30														
22.00					22.00					22.00					22.00					Open Gym	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				
13.30				
14.00			Belly Dance 15 Uhr Meis	
16.00				
16.30		Barre Workout Julia		
17.00				
17.30		HIIT Julia	Vinyasa Flow Yoga Josefina	Open Gym
18.00				
18.30		Pilates Julia	Yin Sound Yoga Josefina & Julia	Open Gym
19.00				
19.30				

Information zum Kursplan gültig ab 20.03.2023

- *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