

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					Open Gym
08.00					08.00					08.00					08.00					08.00					10.30					Open Gym
08.30					08.30				Open Gym	08.30					08.30				Open Gym	08.30					11.00		Bodywork Seda	Ashtanga Yoga Gino		Athletics Intro* Lukas
09.00		Hot Iron 1* Kamila	Morning Yoga Jasmin		09.00		Shape Up Kamila		Athletics Lukas	09.00		Pilates Claudia			09.00		Shape Up Kamila	Morning Yoga Nikoleta	Athletics Lukas	09.00		Barre Workout Julia			11.30		Pilates Seda		Athletics Lukas	
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			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			Vinyasa Flow Yoga Barbara		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			Easy Flow Yoga Julia		15.00					
13.00					13.00					13.00			Easy Flow Yoga Jasmin	Open Gym	13.00		Pilates Rita			13.00					15.30	Boxing Rimma				Open Gym
13.30					13.30					13.30					13.30					13.30					16.00					Open Gym
14.00					14.00					14.00					14.00					14.00					16.30		HIIT Julia			
14.30					14.30					14.30					14.30					14.30					17.00	Shinergy All Hans	Barre Workout Julia	Hot Ashtanga Yoga Gundi		
15.00					15.00	Shinergy Mini 3-5J				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				Athletics Young 9-14J	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	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	Kickbox Workout Chris	Pilates Claudia		17.00	Shinergy Young 10-14J Chris	Hot Iron 1* Kamila	Easy Flow Yoga Barbara								
17.30					17.30					17.30					17.30					17.30										
18.00	Shinergy Basics Ronny	Deep Work Kamila	Vinyasa Flow Yoga Barbara	Athletics Lina	18.00	Boxing Rimma	Pilates Kamila	Easy Flow Yoga Jasmin	Cross Fitness Chris	18.00	Shinergy Basics Ronny	Barre Workout Kamila	Hot Yoga Regina	Disco Pump Chris	18.00	Boxing Rimma	Hot Iron Renata	Ashtanga Yoga Gino	Cross Fitness Chris	18.00	Shinergy Basics Hans	Shape Up Kamila	Hot Yoga Barbara	Cross Fitness Chris	10.30					
18.30					18.30					18.30					18.30					18.30					11.00		Hot Iron 1* Anna			
19.00	Ende 19.15 Uhr				19.00	Kickbox Workout Ali Reza	Hot Iron 1* Kamila	Yin Meditation Yoga Nikoleta	Athletics Renata	19.00	Ende 19.15 Uhr	Deep Work Kamila	Yin Sound Yoga Regina & Julia	Athletics Lukas	19.00	Kickbox Workout Chris	HIIT Seda		Athletics Renata	19.00	18.45 Uhr Shinergy Combat Ronny		Yin Yoga Barbara	Disco Pump Chris	11.30		Shape Up Anna			
19.30	19.15 Uhr Shinergy Combat Ronny				19.30	Freedom Fighters* Ali Reza	Deep Work Renata			19.30	19.15 Uhr Shinergy Combat Ronny				19.30		Bodywork Seda	Yin Meditation Yoga Regina		19.30	Freedom Fighters* Ronny				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				Open Gym
13.30				
14.00				
16.00				
16.30		Barre Workout Julia		
17.00			Vinyasa Flow Yoga Josefina	Open Gym
17.30		Pilates Julia		
18.00				
18.30		HIIT Julia	Yin Sound Yoga Josefina & Julia	Open Gym
19.00				
19.30				

Information zum Kursplan gültig ab 26.09.2022

- \*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