

Group Fitness Kursplan Sommer 2010

Raum 1

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|---|---------------------------------|
| 10.00 - 11.00 BODYBALANCE *_*** | 10.00 - 11.00 BODYPUMP *_*** | 10.00 - 11.00 Pilates ** | 10.00 - 11.00 Workout Yoga *_*** | 09.30 - 10.30 Flexi-Bar *_*** | 09.30 - 10.30 BODYPUMP *_*** | 10.00 - 11.30 |
| | 11.00 - 12.00 BODYATTACK **_*** | | | 10.30 - 11.30 Pilates ** | 10.30 - 11.30 LMISTEP **_*** | Yoga Intro *_*** |
| 18.30 - 19.30 BODYBALANCE *_*** | 18.00 - 19.00 Workout Yoga *_*** | 18.30 - 19.30 Pilates * - *** | 18.00 - 19.00 Floorwork * - *** | 17.30 - 18.30 BODYPUMP *_*** | | |
| 19.30 - 20.30 LMISTEP **_*** | 19.00 - 20.00 BODYATTACK **_*** | 19.30 - 20.30 LMISTEP **_*** | 19.00 - 20.00 BODYBALANCE *_*** | 18.30 - 19.30 BODYATTACK **_*** | 17.00 - 18.00* - *** Floorwork / Pilates | 17.30 - 18.30 BODYPUMP *_*** |
| 20.30 - 21.30 BODYPUMP *_*** | 20.15 - 21.15 BODYPUMP *_*** | 20.30 - 21.30 Q - Power ** - *** | 20.00 - 21.00 BODYPUMP *_*** | 19.30 - 21.00 Power Yoga **_*** | 18.00 - 19.00 BODYPUMP *_*** | 18.30 - 19.30 BODYJAM *_*** |

Klassifikation der Kurse:

- * = Einsteiger
- ** = Mittelstufe
- *** = Fortgeschritten

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Raum 2

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--|--------------------------------------|--------------------------------|------------|------------------------------|---------|---------|
| 11.00 - 12.00 Indoor Cycling * - ** | 18.30 - 19.00 Washboard Abs *_*** | | | 18.15 - 19.30 | | |
| | 19.00 - 20.00 The Ride **_*** | | | Long distance Cycling *** | | |
| | Cycling | 19.30 - 20.30 BODYJAM *_*** | | | | |

Öffnungszeiten:

Mo, Mi: 9:00 - 23:00 Uhr
Di, Do: 6:30 - 23:00 Uhr
Fr: 9:00 - 23:00 Uhr

Sa, So: 9:00 - 22:00 Uhr
Feiertage: 9:00 - 22:00 Uhr

Fitday-Tarife:
Check out bis 17:00 Uhr



Kinderbetreuung:

Mo: 9:30 - 12:30 Uhr
Di: 9:30 - 12:30 Uhr
Mi: 9:30 - 11:30 Uhr
Fr: 9:00 - 12:00 Uhr
17:00 - 20:00 Uhr
Sa: 9:00 - 12:00 Uhr
So: 17:00 - 20:00 Uhr