

# KURSPLAN – GROUPFITNESS & KAMPFSPORT



| Montag  | Dienstag  | Mittwoch  | Donnerstag  | Freitag   | Samstag  | Sonntag  |
|---|---|---|---|---|--|--|
| 09:30 – 10:30<br><br>Langhantel Workout (GF1)<br>Claudia              | 09:30 – 10:30<br><br>Yoga (GF1)<br>Claudia                    | 09:30 – 10:30<br><br>Funktionelles Toning (GF1)<br>Patrizia       | 09:30 – 10:15<br>FUNCTIONAL TRAINING<br>Functional Ebene<br>Simon | 09:30 – 10:30<br>CYCLING<br>Indoor Cycling (Galerie)<br>Gabi      | 10:00 – 11:00<br><br>Yoga (GF1 oder GF2)<br>Kathi        |  |
| 10:00 – 10:45<br>RÜCKENFIT<br>Gesundheit (GF2)<br>Simon               |   | 10:30 – 11:00<br><br>Faszientraining (Functional)<br>Simon        |   | 10:00 – 11:00<br><br>Funktionelles Toning (GF1)<br>Simon          | 11:00 – 12:00<br><br>Functionaltraining Kids<br>Sisley   |  |
| 12:15 – 13:00<br>RPM™ Cycling<br>Intervall Cycling (Galerie)<br>Kathi | 12:15 – 13:00<br><br>Langhantel Workout (GF1)<br>Kathi        | 12:15 – 13:00<br>FUNCTIONAL TRAINING<br>Functional Ebene<br>Simon | 12:15 – 12:45<br><br>HIIT Kraft (GF 1)<br>Kathi                   | 12:15 – 13:00<br><br>Langhantel Workout (GF1)<br>Team             | 11:30 – 12:00<br><br>HIIT Kraft (GF 1 oder GF2)<br>Katja | 11:00 – 12:00<br>LM TONE™<br>Fatburner (GF1 oder GF2)<br>Kathi |
|   |   |   |   |   | 12:00 – 12:30<br><br>Rumpfttraining<br>Katja             |  |
| 18:15 – 19:30<br>CYCLING<br>Indoor Cycling (Galerie)<br>Markus/Heike  | 17:30 – 18:25<br>MUAY THAI KIDS<br>Kampfsport (Dojo)<br>Mirko |   | 18:30 – 19:15<br><br>Langhantel Workout (GF1)<br>Ines             | 17:30 – 18:25<br>MUAY THAI KIDS<br>Kampfsport (Dojo)<br>Mirko     | 12:00 – 13:00<br>OPEN MAT<br>Kampfsport (Dojo)<br>Alle   | 17:00 – 18:00<br><br>Langhantel Workout (GF1)<br>Team          |
| 18:30 – 19:30<br>MUAY THAI BASIC<br>Kampfsport (Dojo)<br>Mirko        | 18:30 – 19:00<br><br>HIIT Cycling (Galerie)<br>Julian         | 18:30 – 19:00<br><br>HIIT Kraft (GF 1)<br>Julian                  | 18:30 – 19:30<br>CROSS WORKOUT<br>Functional Ebene<br>Mirko       | 18:30 – 19:30<br>MUAY THAI BASIC<br>Kampfsport (Dojo)<br>Mirko    | 12:30 – 13:30<br><br>Functional Ebene<br>Sisley          | 18:15 – 18:45<br><br>HIIT Cycling (Galerie)<br>Julian          |
| 18:30 – 19:00<br><br>Rumpfttraining (GF1)<br>Kathi                    | 18:30 – 19:30<br>CROSS WORKOUT<br>Functional Ebene<br>Mirko   | 19:00 – 20:00<br>MUAY THAI BASIC<br>Kampfsport (Dojo)<br>Mirko    | 18:45 – 20:00<br>CYCLING<br>Indoor Cycling (Galerie)<br>Beat      | 18:30 – 19:30<br><br>Fight Workout (GF1)<br>Kathi                 |  |  |
| 19:00 – 19:30<br><br>HIIT Kraft (GF 1)<br>Julian                      | 19:00 – 19:30<br><br>Rumpfttraining (GF1)<br>Jana             | 19:00 – 19:30<br><br>Rumpfttraining (GF1)<br>Kathi                | 19:15 – 20:00<br>LM TONE™<br>Fatburner (GF1)<br>Kathi             | 19:30 – 20:45<br>MUAY THAI ADVANCED<br>Kampfsport (Dojo)<br>Mirko |  |  |
| 19:30 – 20:45<br>MUAY THAI ADVANCED<br>Kampfsport (Dojo)<br>Mirko     | 19:30 – 20:30<br>BOXEN<br>Kampfsport (Boxing)<br>Enrico       | 19:30 – 20:00<br><br>Faszientraining (GF1)<br>Kathi               | 19:30 – 20:00<br>BOXEN<br>Kampfsport (Dojo)<br>Enrico             |   |  |  |
| 19:45 – 20:45<br><br>Langhantel Workout (GF1)<br>Ines                 | 19:30 – 20:30<br><br>Fight Workout (GF1)<br>Jana              | 20:00 – 21:15<br>MUAY THAI ADVANCED<br>Kampfsport (Dojo)<br>Mirko | 20:00 – 21:00<br>JAZZ WORKOUT<br>Dance Workout (GF1)<br>Rebecca   |   |  |  |
|   | 20:00 – 21:00<br>MMA<br>Kampfsport (Dojo)<br>Igor             |   | 20:00 – 21:00<br>MMA<br>Kampfsport (Dojo)<br>Igor                 |   |  |  |