

# KURSPLAN – GROUPFITNESS & KAMPFSPORT

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00 – 11:00 <b>Funtone</b> 45 SECONDS - BE READY Funktionelles Toning Simon	09:30 – 10:30 <b>LES MILLS BODYBALANCE</b> Yoga Claudia	09:30 – 10:30 <b>Funtone</b> 45 SECONDS - BE READY Funktionelles Toning Patrizia	09:30 – 10:15 <b>FUNCTIONAL TRAINING</b> Functional Ebene Team		10:00 – 11:00 <b>LES MILLS BODYBALANCE</b> Yoga Kathi	
		10:30 – 11:00 <b>BLACKROLL</b> Faszientraining (Functional) Simon		10:00 – 10:30 <b>RÜCKEN FIT</b> Gesundheit Simon	*11:00 – 12:00 <b>SEAL TAC</b> FUNCTIONAL TRAINING Functionaltraining Kids Sisley	
12:15 – 12:45 <b>sprint</b> HIIT Cycling (Galerie) Kathi	12:15 – 13:00 <b>LES MILLS BODYPUMP</b> Langhantel Workout Kathi	12:15 – 13:00 <b>FUNCTIONAL TRAINING</b> Functional Ebene Simon	12:15 – 12:45 <b>GRIT STRENGTH</b> HIIT Kraft Kathi	12:15 – 13:00 <b>LES MILLS BODYPUMP</b> Langhantel Workout Seyram	11:00 – 12:15 <b>OPEN MAT</b> Kampfsport (Dojo) Alle	11:00 – 12:00 <b>LM TONE™</b> Fatburner Kathi
			12:45 – 13:00 <b>BLACKROLL</b> Faszientraining (Functional) Kathi		11:30 – 12:00 <b>GRIT STRENGTH</b> HIIT Kraft Roy	
18:15 – 19:30 <b>CYCLING</b> Indoor Cycling (Galerie) Markus/Heike	17:30 – 18:25 <b>MUAY THAI KIDS</b> Kampfsport (Dojo) Mirko		18:30 – 19:15 <b>LES MILLS BODYPUMP</b> Langhantel Workout Ines	17:30 – 18:25 <b>MUAY THAI KIDS</b> Kampfsport (Dojo) Mirko	12:00 – 12:30 <b>LES MILLS CXWORX</b> Rumpfttraining Roy	17:00 – 18:00 <b>LES MILLS BODYPUMP</b> Langhantel Workout Roy
18:30 – 19:30 <b>MUAY THAI BASIC</b> Kampfsport (Dojo) Mirko	18:30 – 19:00 <b>sprint</b> HIIT Cycling (Galerie) Julian	18:30 – 19:00 <b>GRIT STRENGTH</b> HIIT Kraft Julian	18:30 – 19:30 <b>CROSS WORKOUT</b> Functional Ebene Mirko	18:30 – 19:30 <b>MUAY THAI BASIC</b> Kampfsport (Dojo) Mirko	*12:30 – 13:30 <b>SEAL TAC</b> FUNCTIONAL TRAINING Functional Ebene Sisley	18:15 – 18:45 <b>sprint</b> HIIT Cycling (Galerie) Julian
18:30 – 19:00 <b>LES MILLS CXWORX</b> Rumpfttraining Kathi	18:30 – 19:30 <b>CROSS WORKOUT</b> Functional Ebene Mirko	19:00 – 20:00 <b>MUAY THAI BASIC</b> Kampfsport (Dojo) Mirko	18:45 – 20:00 <b>CYCLING</b> Indoor Cycling (Galerie) Beat	18:30 – 19:30 <b>LES MILLS BODYCOMBAT</b> Fight Workout Kathi		
19:00 – 19:30 <b>GRIT STRENGTH</b> HIIT Kraft Julian	19:00 – 19:30 <b>LES MILLS CXWORX</b> Rumpfttraining Jana	19:00 – 19:30 <b>LES MILLS CXWORX</b> Rumpfttraining Kathi	19:15 – 20:00 <b>LM TONE™</b> Fatburner Kathi	19:30 – 20:45 <b>MUAY THAI ADVANCED</b> Kampfsport (Dojo) Mirko		
19:30 – 20:45 <b>MUAY THAI ADVANCED</b> Kampfsport (Dojo) Mirko	19:30 – 20:45 <b>BOXEN</b> Kampfsport (Boxing) Enrico	19:30 – 20:15 <b>Stretch &amp; Relax</b> Gesundheit Kathi	19:30 – 20:45 <b>BOXEN</b> Kampfsport (Dojo) Enrico			
19:45 – 20:45 <b>LES MILLS BODYPUMP</b> Langhantel Workout Ines	19:30 – 20:30 <b>LES MILLS BODYCOMBAT</b> Fight Workout Jana	20:00 – 21:15 <b>MUAY THAI ADVANCED</b> Kampfsport (Dojo) Mirko	20:00 – 21:00 <b>JAZZ WORKOUT</b> Dance Workout Rebecca			
	20:00 – 21:15 <b>MMA</b> Kampfsport (Dojo) Igor		20:00 – 21:15 <b>MMA</b> Kampfsport (Dojo) Igor		<i>*Wird nur an bestimmten Daten angeboten. Mehr Infos an der Rezeption.</i>	

