

Kursangebot Center Brunenthal

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00	06:50 Studio 1 (60) HOT IRON® 2			06:50 Studio 1 (60) HOT IRON® 2			
07:00	07:00 Fläche (30) @ POWER PLATE® Pure		07:00 Fläche (30) @ POWER PLATE® Pure		07:00 Fläche (30) @ POWER PLATE® Pure		
					07:30 Studio 1 (50) FaszienFLOW		
08:00	08:00 Studio 1 (60) Wirbelsäule	08:30 Studio 1 (60) DEEPWORK®	08:50 Studio 1 (60) Healthy Workout	08:00 Studio 2 (60) Gesunder Rücken	08:25 Studio 2 (60) RückenFIT		
		08:50 Studio 2 (60) Pilates II		08:05 Studio 1 (60) KORCE®	08:30 Studio 1 (60) Pilates I-II		
09:00	09:00 Fläche (20) Core Xpress	09:00 Sportpool (50) Aqua Workout	09:00 Studio 2 (50) RückenFIT	09:10 Studio 2 (90) Vinyasa Yoga II	09:00 Fläche (20) Core Xpress	09:20 Studio 1 (60) HOT IRON® 1	09:15 Studio 2 (90) Vinyasa Yoga
	09:10 Studio 1 (60) Athletic Moves	09:40 Studio 1 (75) Bodystyling + Stretch	09:30 Sportpool (50) Aqua Workout	09:15 Studio 1 (55) Step I-II	09:20 Fläche (20) @ Stretch Pur	09:30 Studio 2 (60) Wirbelsäule	09:15 Sportpool (60) Schwimmtraining
	09:10 Studio 2 (60) Pilates I-II	09:45 Cyclingraum (60) Cycling Gold			09:30 Cyclingraum (60) Cycling Gold		09:15 Studio 1 (60) Workout Xplosion
	09:20 Fläche (20) @ Stretch Pur				09:30 Sportpool (50) Aqua Workout		09:40 Cyclingraum (75) Cycling Platinum
	09:30 Sportpool (50) Aqua Workout				09:35 Studio 2 (60) BODYART® STRENGTH		
					09:40 Studio 1 (55) Step Intervall		
10:00	10:00 Fläche (30) @ POWER PLATE® Pure	10:00 Studio 2 (50) Flexi Toning	10:00 Fläche (30) @ POWER PLATE® Pure	10:00 Cyclingraum (60) Cycling Gold	10:30 Sportpool (50) Aqua Mix	10:35 Studio 1 (60) Athletic Moves	10:10 Studio 1 (60) RückenFIT
	10:15 Studio 2 (60) Wirbelsäule	10:00 Sportpool (50) Aqua Mix	10:05 Studio 1 (60) HOT IRON® 1	10:00 Fläche (30) @ POWER PLATE® Pure	10:45 Studio 1 (60) HOT IRON® 2	10:35 Studio 2 (60) Healthy Workout	10:20 Sportpool (60) Aqua Mix
	10:20 Studio 1 (60) HOT IRON® 1	10:00 Fläche (30) @ POWER PLATE® Pure	10:10 Cyclingraum (60) Cycling Silver	10:15 Studio 1 (60) Bodystyling XXL	10:45 Studio 2 (60) BODYART® STRENGTH	10:45 Cyclingraum (60) Cycling Gold	10:30 Fläche (20) Core Xpress
							10:50 Fläche (20) @ Stretch Pur
11:00	11:20 Studio 2 (75) Yoga Beginner	11:05 Studio 1 (60) Wirbelsäule	11:10 Studio 2 (90) Jivamukti Yoga II			11:40 Studio 2 (60) Pilates II	11:00 Studio 2 (75) Yin Yoga I
						11:40 Studio 1 (30) TABATA Intense	11:10 Studio 1 (60) HOT IRON® CROSS
							11:15 Sportpool (60) Aqua Intervall
12:00			12:45 Studio 2 (75) Yoga Beginner				
15:00		15:20 Studio 2 (75) Yoga Beginner		15:50 Studio 1 (50) Bodystyling			
		15:25 Studio 1 (75) Bodystyling + Stretch					
16:00	16:00 Studio 1 (50) Step Easy	16:40 Studio 2 (60) Yin Yoga	16:00 Studio 1 (60) RückenFIT	16:45 Studio 1 (60) HOT IRON® CROSS	16:00 Studio 2 (50) FaszienFLOW	16:30 Studio 2 (90) Vinyasa Yoga I-II	16:10 Studio 1 (60) Bodystyling XXL
		16:50 Studio 1 (60) Athletic Moves		16:45 Studio 2 (60) Wirbelsäule	16:40 Studio 1 (60) Healthy Workout		
17:00	17:00 Studio 1 (55) ZUMBA®		17:00 Studio 1 (60) HOT IRON® 2	17:40 Cyclingraum (60) Cycling Gold	17:00 Studio 2 (75) Yoga Beginner	17:00 Studio 1 (75) Bodystyling + Stretch	17:15 Studio 1 (55) Step I-II
	17:00 Sportpool (50) Aqua Workout		17:00 Studio 2 (60) Pilates I-II	17:55 Studio 1 (60) Athletic Moves	17:50 Studio 1 (60) HOT IRON® 2		
18:00	18:00 Outdoor (120) Rennrad Treff - Kugler Alm	18:00 Studio 1 (60) HOT IRON® 2	18:00 Cyclingraum (60) Cycling Gold	18:00 Studio 2 (75) Yoga Beginner	18:20 Studio 2 (60) Yoga Special	18:05 Studio 2 (60) Yoga Special	18:00 Studio 2 (90) Yoga Special
	18:00 Studio 1 (55) Step I-II	18:00 Studio 2 (60) BODYART® STRENGTH	18:00 Sportpool (50) Aqua Workout				18:00 Cyclingraum (50) Cycling Silver
	18:00 Studio 2 (50) RückenFIT	18:00 Funct. Area (60) @ BOOTCAMP Xplosion	18:10 Studio 1 (55) ZUMBA®				18:20 Studio 1 (55) Dance Moves
	18:00 Sportpool (30) Aqua Intense	18:05 Cyclingraum (60) Cycling Gold	18:10 Studio 2 (50) Flexi Toning				
	18:00 Fläche (30) @ POWER PLATE® Pure						
	18:50 Cyclingraum (60) Cycling Gold						
19:00	19:00 Studio 2 (75) Kundalini Yoga I	19:00 Fläche (20) Core Xpress	19:00 Sportpool (30) Aqua Intense	19:00 Studio 1 (60) HOT IRON® CROSS	19:05 Studio 1 (60) Thai Bo Fitness		19:00 Cyclingraum (60) Cycling Gold
	19:05 Studio 1 (50) Powerworkout	19:05 Studio 1 (60) KORCE®	19:05 Studio 2 (60) Bodystyling XXL	19:00 Sportpool (60) Schwimmtraining I	19:15 Cyclingraum (60) Cycling Gold		19:45 Studio 2 (75) Yin Yoga I
		19:10 Studio 2 (60) Gesunder Rücken	19:15 Studio 1 (60) HOT IRON® 1	19:30 Studio 2 (90) Yoga Special	19:30 Studio 2 (90) Hatha Yoga		
		19:15 Cyclingraum (60) Cycling Gold	19:40 Sportpool (60) Schwimmtraining				
		19:30 Kinesis (30) @ Functional Workout					
20:00	20:10 Studio 1 (60) HOT IRON® 1	20:00 Sportpool (60) Schwimmtraining II	20:10 Studio 2 (60) MobilitySTRETCH	20:05 Sportpool (60) Schwimmtraining II	20:10 Studio 1 (55) ZUMBA®		
	20:25 Studio 2 (75) Yoga Beginner	20:00 Fläche (20) @ Stretch Pur	20:25 Studio 1 (60) BoxFITness	20:10 Studio 1 (60) DEEPWORK®			
		20:10 Studio 1 (60) HOT IRON® CROSS					
		20:15 Studio 2 (75) TriYoga®					

■ Aqua
 ■ Body + Mind
 ■ Choreographie
 ■ Cycling
 ■ Outdoor
 ■ POWER PLATE®
 ■ Small Group Training
 ■ Workout

Das Kursangebot findet ab 3 Teilnehmern statt!

Easy | Intro | Beginner = Einsteiger | I = Mittelstufe | II = Fortgeschritten

♥ Bitte zu diesem Kursangebot aufgewärmt erscheinen!

⚡ Wir empfehlen zu diesem Kursangebot eigenes Equipment mitzubringen

@ nur mit Terminvereinbarung | Online-Buchung Homepage

■ 1x pro Monat (siehe Aushang!)

Fairplay | Group Fitness

- Bitte erscheine pünktlich zu Beginn des Kursangebotes.
- Solltest Du aus gesundheitlichen Gründen eingeschränkt sein, bitten wir Dich, den | die Instruktor:in darüber zu informieren.
- Wir empfehlen angemessene Trainingsbekleidung.
- Aus hygienischen Gründen bitten wir darum, ein Trainingshandtuch zu benutzen.
- Zum eigenen Schutz solltest Du ausschließlich Plastikflaschen nutzen.
- Bitte geeignetes Schuhwerk verwenden, um Verletzungen und Verunreinigungen zu vermeiden.

Änderungen vorbehalten