

Kursangebot Center WERK12

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00		06:45 Studio 1 (60) HOT IRON® 1			06:45 Studio 1 (60) HOT IRON® CROSS		
07:00	07:00 Cyclingraum (60) Cycling Gold	07:00 Studio 3 (45) M.A.X.out @	07:00 Studio 1 (60) KORCE®	07:00 Studio 3 (45) LIMITLESS @	07:00 Studio 3 (45) HEARTBREAKER @		
			07:00 Studio 3 (45) Get in SHAPE @				
09:00	09:00 Sportpool (50) Aqua Workout	09:00 Studio 1 (50) BauchBeineRückenPo	09:00 Funct.Area (30) MobilityFLOW @	09:00 Studio 2 (60) Pilates I-II	09:00 Studio 2 (20) Core Xpress ♥ @	09:30 Studio 2 (90) Vinyasa Yoga ⚡	09:30 Studio 2 (90) Hatha Yoga ⚡
					09:45 Studio 2 (75) Vinyasa Yoga I ⚡	09:30 Studio 1 (60) Best of Strength! ⓘ	09:30 Studio 1 (60) DEEPWORK® ⚡
						09:30 Studio 3 (45) W.O.D.surprise @	09:30 Studio 3 (45) W.O.D.surprise @
							09:40 Sportpool (30) Aqua Intense
10:00	10:00 Studio 1 (60) Bodystyling XXL	10:00 Studio 2 (60) Pilates I-II		10:05 Studio 2 (75) Yoga Beginner ⚡		10:30 Studio 3 (30) To HELL + BACK @	10:15 Sportpool (50) Aqua Workout
						10:40 Studio 1 (60) Best of Cardio! ⓘ	10:30 Studio 3 (30) BURN it @
							10:35 Studio 1 (60) Wirbelsäule
11:00	11:10 Studio 2 (90) Vinyasa Yoga I-II ⚡	11:05 Studio 2 (60) Gesunder Rücken			11:05 Studio 2 (60) Yoga Special ⚡	11:05 Studio 2 (60) Yin Yoga ⚡	
12:00	12:30 Funct.Area (20) TRX® Training @						
15:00	15:45 Studio 2 (50) Pilates I					15:00 Studio 1 (60) Best of Mobility! ⓘ	
16:00	16:40 Studio 1 (50) Bodystyling			16:50 Studio 1 (60) HOT IRON® CROSS	16:30 Studio 3 (45) LIMITLESS @	16:00 Studio 3 (45) M.A.X.out @	16:00 Studio 3 (45) LIMITLESS @
	16:45 Studio 3 (30) QUICK + DIRTY @					16:05 Studio 1 (60) Gesunder Rücken	
17:00	17:30 Studio 3 (45) Get in SHAPE @	17:15 Studio 3 (60) W.O.D.XXL @	17:00 Sportpool (50) Aqua ZUMBA®	17:00 Cyclingraum (50) Cycling Silver	17:30 Studio 3 (45) W.O.D.surprise @	17:15 Studio 1 (60) HOT IRON® 2	
	17:40 Studio 2 (75) Wirbelsäule + Stretch		17:30 Studio 3 (45) M.A.X.out @	17:30 Studio 3 (45) M.A.X.out @			
			17:50 Studio 2 (90) PhysioFlowYoga® ⚡				
18:00	18:00 Studio 1 (60) KORCE®	18:00 Studio 1 (30) Thai Bo Easy	18:00 Studio 1 (55) Dance Step I-II ▲	18:00 Studio 2 (90) Vinyasa Yoga ⚡	18:00 Cyclingraum (50) Cycling Silver		18:00 Studio 2 (90) Vinyasa Yoga ⚡
	18:00 Lounge (60) Lauf Treff @	18:30 Studio 2 (75) Vinyasa Yoga I ⚡	18:30 Cyclingraum (60) Cycling Gold	18:00 Cyclingraum (75) Cycling Platinum	18:30 Studio 2 (75) Yin Yoga I ⚡		18:15 Studio 1 (60) athleticflow
	18:00 Cyclingraum (50) Cycling Silver	18:30 Studio 1 (60) Thai Bo FITness	18:30 Studio 3 (45) LIMITLESS @	18:00 Studio 1 (50) Bodystyling	18:30 Studio 3 (45) Get in SHAPE @		
	18:30 Studio 3 (45) W.O.D.surprise @	18:30 Studio 3 (45) HEARTBREAKER @		18:30 Studio 3 (45) HEARTBREAKER @			
19:00	19:00 Studio 2 (75) Yoga Beginner ⚡	19:10 Cyclingraum (60) Cycling Gold	19:00 Studio 1 (75) Bodystyling + Stretch	19:00 Studio 1 (60) ZUMBA® Special	19:00 Cyclingraum (60) Cycling Gold		19:30 Studio 1 (60) Best of Dance! ⓘ
	19:00 Cyclingraum (60) Cycling Gold	19:30 Studio 3 (45) Get in SHAPE @	19:30 Studio 2 (90) Vinyasa Yoga I-II ⚡	19:10 Sportpool (50) Aqua Workout	19:30 Studio 3 (30) Technique Session @		
	19:05 Studio 1 (60) HOT IRON® 1	19:35 Studio 1 (60) DANTAO ZUMBA® ▲	19:30 Studio 3 (45) W.O.D.surprise @	19:30 Studio 3 (60) W.O.D.XXL @			
	19:30 Studio 3 (45) HEARTBREAKER @	19:50 Studio 2 (75) Yoga Special 75 ⚡					
20:00	20:00 Funct.Area (30) MobilityFLOW @	20:00 Funct.Area (30) TABATA Workout @	20:00 Funct.Area (30) Functional Workout @	20:00 Studio 2 (20) Core Xpress ♥ @			
	20:20 Studio 2 (75) Vinyasa Yoga I ⚡	20:30 Studio 3 (30) SHORT + SWEATY @					

■ Aqua
 ■ BEATbox®
 ■ Best of!
 ■ Body + Mind
 ■ Choreographie
 ■ Cycling
 ■ 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

▲ monatsweise im Wechsel (siehe Infowand im Center)

@ nur mit Terminvereinbarung | Online-Buchung Homepage

ⓘ Inhalte variabel, siehe Infowand im Center | Homepage

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