

euer kursplan

montag	dienstag	mittwoch	donnerstag	freitag	samstag	sonntag
8:00 - 9:00 LESMILLS BODYPUMP		8:00 - 8:45 LESMILLS SHBAM		8:00 - 9:00 LESMILLS BODYCOMBAT		
9:15 - 9:45 LESMILLS CXWORX	9:15 - 9:45 LESMILLS GRIT PLYO	9:15 - 9:45 LESMILLS CXWORX	9:15 - 9:45 LESMILLS GRIT CARDIO	9:15 - 9:45 LESMILLS CXWORX		
10:00 - 10:45 LESMILLS SHBAM	10:00 - 11:00 abs & back	10:00 - 11:00 LESMILLS BODYBALANCE	10:00 - 11:00 LESMILLS BODYCOMBAT	10:00 - 11:00 yoga		10:00 - 11:00 yoga
11:15 - 11:45 hot six pack	11:15 - 11:45 healthy back	11:15 - 11:45 hot six pack	11:15 - 11:45 healthy back	11:15 - 11:45 hot six pack	11:15 - 11:45 LESMILLS CXWORX	11:15 - 11:45 LESMILLS GRIT PLYO
12:00 - 13:00 LESMILLS BODYCOMBAT	12:00 - 13:00 LESMILLS BODYBALANCE	12:00 - 13:00 LESMILLS BODYPUMP	12:00 - 12:45 LESMILLS SHBAM	12:00 - 13:00 LESMILLS BODYBALANCE	12:00 - 13:00 langhantel	12:00 - 13:00 LESMILLS BODYPUMP
13:15 - 13:45 LESMILLS GRIT PLYO	13:15 - 13:45 LESMILLS CXWORX	13:15 - 13:45 LESMILLS GRIT CARDIO	13:15 - 13:45 LESMILLS CXWORX	13:15 - 13:45 LESMILLS GRIT PLYO	13:15 - 13:45 LESMILLS GRIT CARDIO	13:15 - 13:45 LESMILLS CXWORX
14:00 - 14:45 LESMILLS SHBAM	14:00 - 15:00 LESMILLS BODYPUMP	14:00 - 14:45 LESMILLS SHBAM	14:00 - 15:00 LESMILLS BODYBALANCE	14:00 - 15:00 LESMILLS BODYPUMP	14:00 - 15:00 LESMILLS BODYCOMBAT	14:00 - 14:45 LESMILLS SHBAM
15:15 - 15:45 LESMILLS CXWORX	15:15 - 15:45 LESMILLS GRIT CARDIO	15:15 - 15:45 LESMILLS CXWORX	15:15 - 15:45 LESMILLS GRIT PLYO	15:15 - 15:45 LESMILLS CXWORX	15:15 - 15:45 LESMILLS GRIT STRENGTH	15:15 - 15:45 LESMILLS GRIT CARDIO
16:00 - 17:00 LESMILLS BODYBALANCE	16:00 - 16:45 LESMILLS SHBAM	16:00 - 17:00 LESMILLS BODYCOMBAT	16:00 - 17:00 LESMILLS BODYPUMP	16:00 - 16:45 LESMILLS SHBAM	16:00 - 17:00 LESMILLS BODYBALANCE	16:00 - 17:00 LESMILLS BODYCOMBAT
17:15 - 17:45 hot six pack	17:15 - 17:45 LESMILLS CXWORX	17:15 - 17:45 hot six pack	17:15 - 17:45 LESMILLS CXWORX	17:15 - 17:45 hot six pack		17:15 - 17:45 LESMILLS GRIT STRENGTH
18:00 - 18:55 langhantel	18:00 - 18:55 dance fitness	18:00 - 18:55 trx body power	18:00 - 18:55 pilates	18:00 - 18:55 langhantel		18:00 - 19:00 LESMILLS BODYBALANCE
19:00 - 19:55 body fit	19:00 - 19:55 abs-legs-ass	19:00 - 19:55 faszien & stretch	19:00 - 19:55 self defense für frauen	19:00 - 20:00 LESMILLS BODYCOMBAT		
20:00 - 20:55 yoga	20:00 - 20:55 pilates	20:00 - 20:55 langhantel	20:00 - 20:55 zumba	20:15 - 20:45 LESMILLS GRIT STRENGTH		
21:00 - 21:45 LESMILLS SHBAM	21:00 - 22:00 LESMILLS BODYCOMBAT	21:00 - 21:45 LESMILLS SHBAM	21:00 - 21:30 balance	21:00 - 22:00 LESMILLS BODYBALANCE		

UNSERE SAUNAZEITEN

Mo - Fr 17:00 - 23:00 Uhr
vor 17:00 Uhr Wir schalten die
sowie Sa + So Sauna auf Euren
Wunsch gern an.

WIR HABEN FÜR EUCH GEÖFFNET

Mo, Mi, Fr 07:00 - 23:00 Uhr
Di, Do 08:00 - 23:00 Uhr
Sa 10:00 - 18:00 Uhr
So 09:00 - 20:00 Uhr