

# KURSANGEBOT HERRENBERG



## KURSRAUM 1

Gültig ab 11/2019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	8.00 - 8.45 Reha-Sport	7.30 - 8.20 Fatburner X-Treme				
9.30 - 9.50 Bauch	9.00 - 10.00 Pilates	9.00 - 10.00 LES MILLS BODYPUMP	9.00 - 9.30 Bauch	9.00 - 10.15 Yoga	10.00 - 11.00 FitMix	9.00 - 10.30 Yoga
9.50 - 10.10 Rücken	10.00 - 11.00 World Jumping	10.05 - 11.05 LES MILLS BODYBALANCE	9.30 - 10.30 Wirbelsäulen- gymnastik		11.00 - 12.00 LES MILLS BODYPUMP	11.00 - 13.00 Kick- und Thaiboxen
10.10 - 10.30 Stretching		11.30 - 12.15 Reha-Sport		10.15 - 10.45 LES MILLS CXWORX		
				10.45 - 11.45 Strong by Zumba		
16.00 - 16.45 Reha-Sport			14.00 - 14.45 Reha-Sport	15.00 - 15.45 Reha-Sport		
17.15 - 17.45 HIT (High Intensity Training)	17.00 - 17.55 World Jumping	17.15 - 18.00 LES MILLS BODYBALANCE	17.25 - 17.55 HIT (High Intensity Training)	16.00 - 17.00 FitMix	16.00 - 17.00 World Jumping	
18.00 - 19.00 Body-Styling	18.00 - 18.50 Zumba®	18.00 - 18.30 LES MILLS CXWORX	18.00 - 19.00 LES MILLS BODYPUMP	18.00 - 19.00 LES MILLS BODYPUMP		
19.00 - 19.30 Fatburner	19.00 - 20.00 LES MILLS BODYPUMP	18.30 - 19.30 Wirbelsäulen- gymnastik	19.00 - 19.30 LES MILLS CXWORX	19.00 - 19.30 LES MILLS CXWORX		
19.30 - 20.30 LES MILLS BODYBALANCE	20.10 - 21.55 Kick- und Thaiboxen	19.30 - 20.30 World Jumping	19.30 - 20.30 Zumba®	19.40 - 21.40 Kick- und Thaiboxen		
			20.30 - 21.00 Booty-Power			

## KURSRAUM 2

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
19.00 - 20.00 Indoor Cycling	10.15 - 11.15 Herz-Kreislauf- Training	18.00 - 19.00 Indoor Cycling		10.15 - 11.15 Herz-Kreislauf- Training		11.00 - 12.00 Indoor Cycling
	18.00 - 18.55 Indoor Cycling	19.00 - 20.00 Indoor Cycling (HIT)		19.10 - 20.40 Cycling meets Functional	15.00 - 16.00 Indoor Cycling	

## ARTZT-PT-RAUM / OUTDOOR

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
18.30 - 19.30 CrossTower	19.00 - 20.00 Funktionelles Intervalltraini ng	18.00 - 19.00 CrossTower	18.00 - 19.00 Funktionelles Training	17.00 - 18.00 CrossTower		