

KURSANGEBOT HULB



KURSRAUM 1

Gültig ab 11/2019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.15 - 9.35 Bauch	9.00 - 10.00 Body-Total	9.00 - 10.00 Yoga	9.00 - 10.00 Pilates	7.30 - 8.00 LES MILLS CXWORX		
9.35 - 9.55 Rücken				8.00 - 9.00 LES MILLS BODYBALANCE		
9.55 - 10.15 Stretching					10.00 - 11.00 Wirbelsäulen- gymnastik	
10.15 - 11.15 Pilates		10.00 - 11.00 Funktionelles Training	10.00 - 11.00 Body-Total		11.00 - 12.00 LES MILLS BODYPUMP	10.30 - 11.30 Body-Total
					12.10 - 13.30 Yoga	
17.00 - 17.30 HIT (High Intensity Training)	17.00 - 18.00 Wirbelsäulen- gymnastik			16.30 - 17.00 LES MILLS BODYPUMP Technik (jeden 1. Freitag im Monat)		
17.45 - 18.45 Bauch-Beine- Po	18.00 - 19.00 Zumba®	18.00 - 18.30 Bauch	17.30 - 18.00 Flexi-Bar	17.00 - 18.00 LES MILLS BODYPUMP		
18.50 - 19.50 LES MILLS BODYPUMP	19.10 - 20.10 LES MILLS BODYPUMP	18.30 - 19.00 Rücken	18.00 - 19.00 Bauch-Beine- Po	18.00 - 19.00 Zumba®		
20.00 - 21.00 Faszientraining		19.00 - 20.00 Strong b.Z.	19.00 - 20.00 Power Step	19.00 - 20.00 Power Step		
	20.15 - 21.00 LES MILLS BODYBALANCE	20.10 - 21.10 Yoga				

KURSRAUM 2

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	10.00 - 11.00 Indoor Cycling <small>NEU</small>					10.30 - 11.30 Indoor Cycling
		17.00 - 18.00 World Jumping (SG Stern)	17.30 - 18.30 Indoor Cycling (SG Stern)	17.00 - 18.00 World Jumping		
18.30 - 19.30 World Jumping	18.00 - 19.00 Indoor Cycling	18.00 - 19.00 World Jumping		18.10 - 19.10 Indoor Cycling		
20.00 - 21.00 Indoor Cycling		19.10 - 20.10 Indoor Cycling	19.05 - 20.05 World Jumping			