











Montag				Dienstag				Mittwoch				Donnerstag				Freitag				Samstag			
Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning
09.00 - 10.00 BodyPump Live-Workout				9.25 - 10.10 Fit ab 50				9.15 - 10.15 Perfect Body Live-Workout	9.15 - 10.00 Step + Circle			9.25 - 10.10 BBP Live-Workout				9.25 - 10.10 BBP	9.30 - 10.00 LesMills Core						
10.10 - 11.10 BodyBalance Live-Workout	10.15 - 11.00 BBP		10.25 - 11.15 Spinning1	10.15 - 11.00 WSG							10.25 - 11.15 Spinning1	10.15 - 11.00 BodyPump Live-Workout	10.15 - 11.00 WSG			10.15 - 11.15 WSG/Stretch	10.15 - 11.15 BodyBalance						10.25 - 11.15 Spinning1
		11.15 - 11.45 TRX											11.10 - 11.40 Stretching										
Kursbuchungen über unsere eFit-App und zusätzlich Live-Workout über Zoom-Video-Stream für alle <u>aktiven</u> Mitglieder, Zugangsdaten anfordern unter >>> infoworkoutbuehl@t-online.de																							
17.15 - 18.00 BodyPump Live-Workout								17.30 - 18.10 WSG		17.15 - 17.45 TRX													
18.10 - 19.10 BodyAttack Live-Workout	18.10 - 18.40 Grit	18.15 - 18.45 TRX	18.00 - 18.50 Spinning1	17.45 - 18.45 BodyPump Live-Workout	18.00 - 18.45 Perfect Body	18.10 - 18.55 Functional Circl	18.00 - 18.50 Spinning1	18.15 - 19.15 YOGA Live-Workout	18.00 - 19.00 BodyPump		18.00 - 18.50 Spinning1	17.45 - 18.30 BodyPump Live-Workout	18.00 - 18.30 Grit		18.00 - 18.50 Spinning1	18.00 - 18.30 LesMills Core Live-Workout							
19.15 - 20.15 BodyBalance Live-Workout				19.00 - 19.45 LesMills Core Live-Workout	19.00 - 19.50 Zumba		19.00 - 19.50 Spinning1	19.20 - 20.20 BodyAttack Live-Workout			19.00 - 20.00 Spinning1	18.40 - 19.25 BBP Live-Workout		18.40 - 19.25 Functional Circl		18.40 - 19.25 BodyCombat Live-Workout							
				19.55 - 20.55 BodyCombat Live-Workout	20.00 - 21.00 WSG											19.35 - 20.35 BodyBalance Live-Workout	19.30 - 20.30 BodyPump						
Kinderbetreuung Donnerstag: 17.00 – 19:30 Uhr // Sonntag 09.00 – 13:00 Uhr																							
				Kräftigung/Straffung				TRX															
				Gesundheit/Rücken				Ausdauer/Fettverbrennung															
BBP = Bauch Beine Po WSG = Wirbelsäulengymnastik																							
																							
																							
																							



Gültig ab 04.April 2022

Sonntag

Raum 1	Raum 2	The Boxx	Spinning
10.00 - 11.00 BodyPump Live-Workout	10.15 - 11.00 WSG		10.00 - 11.00 Spinning1
11.10 - 12.10 BodyCombat Live-Workout			