

Stundenplan ab 02.10.2017 im Gym

	Montag		Dienstag			Mittwoch		Donnerstag			Freitag		Samstag		Sonntag	
	Studio 2	Studio 3	Studio 2	Studio 3	Studi 1	Studio 2	Studio 3	Studio 2	Studio 3		Studio 2	Studio 3	Studio 2	Studio 3	Studio 2	Studio 3
06:00																
07:00																
08:00			07:00 Indoorcycl					07:00 Indoorcycl								
09:00	08:00 Indoorcycl					08:00 Bodywork		08:30 BBP/ Stretching 90.Min				08:30 Backhealth				
10:00		09:00 Yoga	08:30 Pilates	09:00 TRX					09:00 Bodyflying * Anfänger		08:50 Indoorcycl	09:00 Moboliti Flow		09:00 TRX *		09:30 TRX *
11:00	10:00 Fit n.d. Geburt 1 Greta	10:00 TRX	09:30 Backhealth	10:00 Fit n.d. Geburt		10:00 Fit n.d. Geburt	10:00 TRX	10:00 Fit n.d. Geburt	10:00 Bodyflying * Fortgesch.		10:00 LesMills Bodypump	in Tunhalle	10:00 Caribbean Groove Bigs Mile		10:00 Bor to Move Bigs Mile	10:30 Yoga
12:00	11:30 Fit n.d. Geburt 2 Greta					11:30 Fit n.d. Geburt	11:00 Fit ins Alter						11:00 Hip Hop Comi. Bigs Mile	11:00 Streetdance B Bigs Mile	11:00 Born to Move Bigs Mile	
13:00													12:00 Streetdance Teens Bigs Mile	12:00 Stretching		
14:00																
15:00																
16:00																
17:00	16:30 Born to move Bigs Mile 8-12 Jahre	16:30 Hip Hop 1 Bigs Mile 5-7Jahre	16:30 Kids Dance Crew BigsMile bis 17:50	16:00 Bodyflying *	16:00 Bigsmile vermietet	16:00 Hip Hop Kids Bigs Mile		16:30 Kids Compi. Bigs Mile 17:50	16:30 Teens Compi. Bigs Mile 17:50							
18:00	17:30 Yoga- Pilates	17:30 TRX *		17:00 Kids Dance Crew Bigs Mile		17:00 Hip Hop Teens Bigs Mile	17:00 Break Teens Bigs Mile				17:00 Backhealth	17:00 TRX *				
19:00	18:30 LesMills Bodypump	18:30 Backhealth	18:00 Indoorcycl *	18:00 Salsa-Aerobic	18:00 Physioball	18:00 LesMills Bodypump *	18:30 Jazz 90.Min BigsMile	18:00 Indoorcycl *	18:00 BBP		18:00 Urban Styles BigsMile 90.Min	18:00 Yoga Michaela			18:00 Yoga Michaela	
20:00	19:30 Hip Hop BigsMile	19:30 Latin Groove BigsMile	19:00 Yoga Flow	19:00 Bodywork		19:00 Dance Hall BigsMile	20:00 Bodyflying *	19:00 Yoga Flow	19:00 Strechting	19:00 Fit	19:30 Caribbean BigsMile					
21:00	20:30 DanceHall BigsMile		20:00 Hip Hop BigsMile	20:00 TRX *		20:00 Stepdance BigsMile		20:00 DanceHall BigsMile	20:00 Hip Hop BigsMile	90.min						
22:00																

ÖFFNUNGSZEITEN:

* = Anmeldung erforderlich

MO-DO:

FR:

SA,SO&FT:

8:00-22:00 h (Einlass 6:00 h)

8:00-21:00 h (Einlass 6:00 h)

9:00-21:00 h (Einlass 8:00 h)

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frei für beer's Mitglieder

Kursgebühr

Tanz / mit BigsMile MG
oder Block

