

MONTAG					DIENSTAG					MITTWOCH					DONNERSTAG					FREITAG					SAMSTAG							
	Zone 1	Zone 2	Zone 3	Gym		Zone 1	Zone 2	Zone 3	Gym		Zone 1	Zone 2	Zone 3	Gym		Zone 1	Zone 2	Zone 3	Gym		Zone 1	Zone 2	Zone 3	Gym								
07.30					07.30					07.30					07.30					07.30					10.15							
08.00					08.00				Open Gym	08.00					08.00				Open Gym	08.00					10.30	Shinergy Young & Teen Chris/Denis			Open Gym			
08.30					08.30					08.30					08.30					08.30					11.00	Hot Iron 1 Johanna	Ashtanga Yoga Gino		Athletics Intro* Lukas			
09.00					09.00				RückenFit Lukas*	09.00			Pilates Basics Claudia		09.00				Athletics Lukas	09.00					11.30							
09.30					09.30					09.30					09.30					09.30					12.00	Brazilian Jiu-Jitsu Michele						
10.00	Shinergy 1+2 Lukas	Hot Iron 1 Renata	Yin Yoga Pina		10.00		Shape Up Kamila	Ashtanga Yoga Gino	Athletics Lukas	10.00	Shinergy 1+2 Elias	Pilates Claudia			10.00					10.00	Shinergy 1+2 Chris	Pilates Rita			12.30			Yoga Basics Gino	Athletics Lukas			
10.30		Pilates Rita			10.30					10.30					10.30						10.30					13.00						
11.00					11.00					11.00			Hot Iron 1 Kamila	Hot Yoga Waltraud	11.00						11.00					13.30	Shinergy Intro* Ronny					
11.30					11.30					11.30					11.30						11.30					14.00				Open Gym		
12.00					12.00					12.00					12.00						12.00					14.30						
12.30					12.30					12.30					12.30						12.30					15.00	Shinergy 1 Hans					
13.00			Vinyasa Flow Yoga Birgit	Open Gym	13.00		Pilates Rita			13.00					13.00						13.00					15.30				RückenFit Chris*		
13.30					13.30					13.30					13.30						13.30					16.00	Shinergy Art of Kicking Chris	Pilates Delia				
14.00					14.00					14.00					14.00						14.00					16.30			Hot Yoga Pina			
14.30					14.30					14.30					14.30						14.30					17.00	Kickbox Workout Chris	Hot Iron 2* Renata		Open Gym		
15.00					15.00					15.00					15.00						15.00					17.30			17.45 Uhr Yin Yoga Pina			
15.30					15.30					15.30					15.30						15.30					18.00						
16.00					16.00					16.00					16.00						16.00					18.30		Deep Work Renata				
16.30					16.30					16.30	Shinergy Mini 3-5 Chris				16.30						16.30	Shinergy Kids 5-8 Chris				19.00	Boxing Henry					
17.00					17.00	Shinergy Teen 13-16 Denis				17.00					17.00						17.00											
17.30	Shinergy Young 9-12 Elias	Hot Iron 1 Kamila	17.15 Uhr Hot Yoga Ina		17.30		Shape Up Kamila			17.30	Shinergy Kids 5-8 Denis	Pilates Rita			17.30		Zumba Rocio			17.30	Shinergy Young 9-12 Chris	Hot Iron 1 Kamila	Ashtanga Yoga Julia									
18.00					18.00	Kickbox Workout Elias				18.00			Ashtanga Yoga Julia	Athletics Lukas	18.00	Shinergy 1 Chris		Yoga Basics Jasmin	RückenFit Elias*	18.00												
18.30	Shinergy 1 Ronny	Deep Work Kamila	Yin Yoga Ina	Athletics Elias	18.30		Hot Iron 1 Kamila	Yin Yoga Jasmin	Athletics Renata	18.30	Shinergy 1 Ronny	Hot Iron 2* Kamila			18.30		Deep Work Renata			18.30	Shinergy 1 Hans	Shape Up Kamila		Athletics Chris								
19.00	Ende 19.15 Uhr				19.00	Boxing Henry				19.00	Ende 19.15 Uhr				19.00	Kickbox Workout Elias		Ashtanga Yoga Gino	Athletics Chris	19.00	Ende 19:15		Yin Yoga Waltraud									
19.30	19.15 Uhr Shinergy 2* Ronny	Pilates Rita			19.30		Pilates Johanna	Ashtanga Yoga Julia	Athletics Renata	19.30	19.15 Uhr Shinergy 2* Ronny				19.30		Hot Iron 1 Kamila	Vinyasa Flow Yoga Waltraud	Athletics Lukas	19.30	19:15 Shinergy 2* Manuel											
20.00			Vinyasa Flow Yoga Liz	Open Gym	20.00					20.00					20.00						20.00											
20.30		Boxing Henry			20.30	Shinergy 1 Tom	Deep Work Renata		Open Gym	20.30		Brazilian Jiu-Jitsu Michele			20.30	Boxing Henry	Brazilian Jiu-Jitsu Michele	Vinyasa Flow Yoga Gino	Open Gym	20.30		Boxing Tom	Hot Yoga Waltraud									
21.00					21.00					21.00					21.00						21.00											
21.30					21.30					21.30					21.30						21.30											
22.00					22.00					22.00					22.00						22.00											

**SONNTAG/FEIERTAG**

	Zone 1	Zone 2	Zone 3	Gym
10.30				
11.00		Hot Iron 2* Kamila		
11.30		Hot Iron 1 Kamila	Hot Yoga Flow Pina	
12.00				
12.30				Open Gym
13.00				
13.30				
14.00				
16.00				
16.30				Athletics Renata
17.00				
17.30			Yin Yoga Liz	
18.00				Open Gym
18.30	Shinergy 1+2 Manuel		Vinyasa Flow Yoga Liz	
19.00		Deep Work Kamila		
19.30				

Information zum Kursplan gültig ab 17.04.2017

- \*Rücken Fit findet an den Kinesis-Geräten statt
- \*Shinergy Intro jeden 1. und 3. Samstag im Monat, Einstieg in die Anfängerkurse ist jederzeit möglich
- \*Athletics Intro: Verpflichtend für den Einstieg
- \*Yoga Basic: Grundlagen für alle Yoga Stile
- \*Alle Intros dürfen auch mit Part Time-Mitgliedschaften besucht werden
- \*Alle 2er-Kurse (Fortgeschrittene) sind nach Absprache mit den Trainern möglich

- Shinergy Young Rebels
- Mini Club: 3–5 Jahre
  - Kids Club: 5–8 Jahre
  - Young Club: 9–12 Jahre
  - Teen Club: 13–16 Jahre
- Massage, Therapien & Personal Training  
Informationen an der Rezeption, auch für Nicht-Mitglieder