

| 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 | | 7.10 Uhr Shape Up Kamila | | Open Gym | 08.00 | | | | Open Gym | 08.00 | | 7.10 Uhr Shape Up Stefan | | Open Gym | 08.00 | | | | | Open Gym | 10.30 | | | | | | | | Open Gym | | |
| 08.30 | | | | | 08.30 | | | | | 08.30 | | | | | 08.30 | | | | | Open Gym | 11.00 | Shinergy Combat 10-14 J Chris/Elias | Hot Iron 1 Stefan | Ashtanga Yoga Gino | | | | | Athletics Intro* Lukas | | |
| 09.00 | | | | | 09.00 | | | | | 09.00 | | Pilates Claudia | | Fundamentals Stefan | 09.00 | | | | | Open Gym | 11.30 | | | | | | | | | | |
| 09.30 | | | | RückenFit Lisa | 09.30 | | | | Athletics Lukas | 09.30 | | | | | 09.30 | | Shape Up Kamila | | | Athletics Lukas | 09.30 | | | Pilates Rita | | RückenFit Stefan | 12.00 | Brazilian Jiu-Jitsu | | | |
| 10.00 | Shinergy 1+2 Elias | Hot Iron 1 Renata | Yin Yoga Pina | | 10.00 | | Shape Up Kamila | Ashtanga Yoga Gino | Hells Bells Lukas | 10.00 | Shinergy 1+2 Elias | Pilates Claudia | | | 10.00 | | | Yin Yoga Pina | | Open Gym | 12.00 | | | | | | | | Athletics Lukas | | |
| 10.30 | | | | | 10.30 | | | | | 10.30 | | | | | 10.30 | | | Barre Workout Dagmar | | Open Gym | 12.30 | Kickbox Workout Mareike | Deep Work Kamila | | | | | | | | |
| 11.00 | | Pilates Rita | | | 11.00 | | Barre Workout Irina | | | 11.00 | | | Hot Iron Kamila | Yin Yoga Waltraud | 11.00 | | | | | | Open Gym | 13.00 | | | Vinyasa Flow Yoga Birgit | | | | | | |
| 11.30 | | | | | 11.30 | Brazilian Jiu-Jitsu | | | | 11.30 | | | | | 11.30 | | | | | | Open Gym | 13.00 | | | | | | | | Kinesio Intro Chris | |
| 12.00 | | | | | 12.00 | | | | | 12.00 | | | | | 12.00 | | | | | | Open Gym | 14.00 | Freies Sparring | | Brazilian Jiu-Jitsu Intro* | | | | | | |
| 12.30 | | | | | 12.30 | | | | | 12.30 | | | | | 12.30 | | | | | | Open Gym | 14.30 | | | | | | | | | |
| 13.00 | | | Vinyasa Flow Yoga Birgit | | 13.00 | | Pilates Rita | | | 13.00 | Kickbox Workout Elias | | Vinyasa Flow Yoga Birgit | | 13.00 | | | | | | Open Gym | 15.00 | Shinergy 1 Hans | | Hip Hop Workout Dagmar | | | | | | |
| 13.30 | | | | Open Gym | 13.30 | | | | | 13.30 | | | | | 13.30 | | | | | | Open Gym | 16.00 | | | | | | | | Open Gym | |
| 14.00 | | | | | 14.00 | | | | | 14.00 | | | | | 14.00 | | | | | | Open Gym | 16.30 | Shinergy Art of Kicking Chris | Pilates Dagmar | | Easy Flow Yoga Pina | | | | | |
| 14.30 | | | | | 14.30 | | | | | 14.30 | | | | | 14.30 | | | | | | Open Gym | 17.00 | Kickbox Workout Chris | Barre Workout Dagmar | | | | | | | |
| 15.00 | | | | | 15.00 | | | | | 15.00 | | | | | 15.00 | | | | | | Open Gym | 17.30 | | | | | | | | | |
| 15.30 | | | | | 15.30 | | | | | 15.30 | | | | | 15.30 | | | | | | Open Gym | 18.00 | | | | 17.45 Uhr Yin Yoga Pina | | | Athletics Lorin | | |
| 16.00 | Shinergy Mini 3-5 J Hanne | | | | 16.00 | | | | | 16.00 | Shinergy Mini 3-5 J Chris | | | | 16.00 | | | | | | Open Gym | 18.30 | Shinergy Intro* | Deep Work Dagmar | | | | | | | |
| 16.30 | | | | | 16.30 | Shinergy Kids 6-9 J Elias | | | | 16.30 | | | | | 16.30 | Shinergy Young 10-14 J Valentin | | | | | Open Gym | 19.00 | Ronny | | | | | | | Open Gym | |
| 17.00 | Shinergy Young 10-14 J Elias | Hot Iron Kamila | Hip Hop Workout Dagmar | | 17.00 | Kickbox Workout Elias | Shape Up Kamila | | RückenFit Lisa | 17.00 | Shinergy Kids 6-9 J Chris | Pilates Kamila | | AthletX 10-14 J Lukas | 17.00 | Kickbox Workout Chris | | | Fundamentals Elias | | Open Gym | 19.00 | | | | | | | | | |
| 17.30 | | | | | 17.30 | | | | | 17.30 | | | | | 17.30 | | | | | | Open Gym | 18.00 | Shinergy Young 10-14 J Chris | Hot Iron 1 Kamila | Ashtanga Yoga Julia | | | | | | |
| 18.00 | Shinergy 1 Ronny | Deep Work Kamila | Vinyasa Flow Yoga Denisa | Athletics Elias | 18.00 | | | | | 18.00 | Shinergy 1 Ronny | Barre Workout Kamila | Ashtanga Yoga Julia | Athletics Lukas | 18.00 | Shinergy 1+2 Chris | Deep Work Renata | Ashtanga Yoga Gino | Hells Bells Elias | | Open Gym | 18.30 | Shinergy 1 Hans | Shape Up Kamila | | | Athletics Chris | | | | |
| 18.30 | Ende 19.15 Uhr | | | | 18.30 | | Pilates Kamila | | | 18.30 | Ende 19.15 Uhr | | | | 18.30 | | | | | | Open Gym | 19.00 | Ende 19:15 | | Barre Workout Stefan | Easy Flow Yoga Jasmin | | | | | |
| 19.00 | 19.15 Uhr Shinergy 2* Ronny | Pilates Kamila | | Fundamentals Lorin | 19.00 | | | | | 19.00 | 19.15 Uhr Shinergy 2* Ronny | | | | 19.00 | | | | | | Open Gym | 19.30 | 19:15 Shinergy 2* Manuel | | | | | | | | |
| 19.30 | | | Yin Yoga Regina | Disco Pump Lorin | 19.30 | Shinergy 1+2 Tom | Deep Work Renata | | | 19.30 | | | | | 19.30 | Freedom Fighters* Ronny | Brazilian Jiu-Jitsu Michele | | Yin Yoga Regina | | Open Gym | 20.00 | | | | | | | | | |
| 20.00 | | | | | 20.00 | | | | | 20.00 | | | | | 20.00 | | | | | | Open Gym | 20.30 | | | | | | | | | |
| 20.30 | | Barre Workout Kamila | | | 20.30 | | | | | 20.30 | | | | | 20.30 | | | | | | Open Gym | 21.00 | | | | | | | | | |
| 21.00 | | | | | 21.00 | | | | | 21.00 | | | | | 21.00 | | | | | | Open Gym | 21.30 | | | | | | | | | |
| 21.30 | | | | Open Gym | 21.30 | | | | | 21.30 | | | | | 21.30 | | | | | | Open Gym | 22.00 | | | | | | | | | |
| 22.00 | | | | | 22.00 | | | | | 22.00 | | | | | 22.00 | | | | | | Open Gym | 22.00 | | | | | | | | | |

SONNTAG/FEIERTAG

| | Zone 1 | Zone 2 | Zone 3 | Gym |
|-------|---|-------------------------|---------------------------------|--------------------------|
| 10.30 | | | | |
| 11.00 | | Hot Iron Kamila | | |
| 11.30 | | | Vinyasa Flow Yoga Barbara | |
| 12.00 | | Hot Iron 1 Kamila | | |
| 12.30 | | | | |
| 13.00 | | | | Open Gym |
| 13.30 | | | | |
| 14.00 | | | | |
| 16.00 | Freedom Fighters* Ab 15:00 Uhr | | | |
| 16.30 | | | | |
| 17.00 | | | Vinyasa Flow Yoga Jasmin | |
| 17.30 | Kickbox Workout Elias | Pilates Kamila | | Athletics Renata |
| 18.00 | | | | |
| 18.30 | Shinergy 1+2 Manuel | | | Hells Bells Renata |
| 19.00 | | | Yin Yoga Jasmin | |
| 19.30 | | | | Open Gym |

Information zum Kursplan gültig ab 01.10..2018

- *Shinergy und BJJ Intro: Jeden 1. und 3. Samstag im Monat. Der Einstieg in Shinergy 1 und 1+2 und die BJJ Kurse ist jederzeit ohen Intro möglich
- *Athletics Intro: Erstellung des individuellen Trainingsplanes als Voraussetzung zur Teilnahme an den Athletics Kursen. Einstieg in Athletics Fundamentals ist jederzeit möglich.
- *Die Teilnahme an 2er-Kursen (Fortgeschrittene) ist nach Rücksprache mit den Trainern möglich.
- *Hot Iron: Für den Einstieg wird der Besuch unserer Hot Iron 1 Kurse empfohlen.
- *Freedom Fighters: Projekt für Angekommene und Kriegsflüchtlinge.

- Shinergy Young Rebels
- Mini Club: 3-5 Jahre
 - Kids Club: 6-9 Jahre
 - Young Club: 10-14 Jahre

Massage, Therapien & Personal Training
Informationen an der Rezeption, auch für Nicht-Mitglieder