

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		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	08.00					10.30	Shinergy 2 Combat 10-14 J Chris/Elias	Hot Iron 1 Stefan	Ashtanga Yoga Gino	Open Gym
08.30					08.30					08.30		Pilates Claudia			08.30						08.30					11.00	Brazilian Jiu-Jitsu Michele			Athletics Intro* Lukas
09.00				RückenFit Lisa	09.00				Athletics Lukas	09.00					09.00					Athletics Lukas	09.00		Pilates Rita			11.30	Brazilian Jiu-Jitsu			
09.30		Hot Iron 1 Renata	Yin Yoga Pina		09.30		Shape Up Kamila	Ashtanga Yoga Gino		09.30	Shinergy 1+2 Elias	Pilates Claudia			09.30		Shape Up Kamila			Athletics Lukas	09.30				12.00					
10.00	Shinergy 1+2 Elias				10.00					10.00					10.00						10.00				12.30				Athletics Lukas	
10.30		Pilates Rita			10.30		Barre Workout Kamila			10.30			Hot Iron Kamila	Yin-Yasa Yoga Waltraud	10.30			Barre Workout Maria	Yin Yoga Pina		10.30	Kickbox Workout Mareike			13.00					
11.00					11.00	Brazilian Jiu-Jitsu				11.00					11.00						11.00			Vinyasa Flow Yoga Barbara	13.30	Open Mat Freies Sparring	Shinergy Intro*			
11.30					11.30					11.30					11.30						11.30				14.00					
12.00					12.00	Michele				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 Pina		13.00		Pilates Rita			13.00	Kickbox Workout Elias			Vinyasa Flow Yoga Regina	Open Gym	13.00			Pilates Rita		13.00		Barre Workout Janine	Open Gym	15.30					
13.30				Open Gym	13.30					13.30					13.30						13.30				16.00	Shinergy Art of Kicking Chris		Pilates Stefan		
14.00					14.00					14.00					14.00						14.00				16.30					
14.30					14.30					14.30					14.30						14.30				17.00	Kickbox Workout Chris	Barre Workout Stefan			
15.00					15.00					15.00					15.00						15.00				17.30					
15.30					15.30	Freedom Fighters*				15.30					15.30						15.30				18.00				Yin Yoga Pina	
16.00	Shinergy Mini 3-5 J Andreas				16.00	Elias				16.00	Shinergy Mini 3-5 J Chris				16.00					16.00				18.30		Deep Work Stefan			Open Gym	
16.30					16.30	Shinergy Kids 6-9 J Elias				16.30	Shinergy Kids 6-9 J Elias	Shape Up Kamila			16.30	Shinergy Young 10-14 J Valentin				16.30	Shinergy Kids 6-9 J Chris	Deep Work Kamila		19.00					Open Gym	
17.00	Shinergy Young 10-14 J Elias	Hot Iron Kamila			17.00					17.00	Shinergy Kids 6-9 J Chris	Pilates Kamila		AthletX 10-14 J Lukas	17.00					17.00	Shinergy Young 10-14 J Chris	Hot Iron 1 Kamila	Ashtanga Yoga Julia	RückenFit Lisa	SONNTAG/FEIERTAG					
17.30					17.30	Kickbox Workout Elias		Easy Flow Yoga Jasmin	Athletics Renata	17.30	Shinergy 1 Ronny	Barre Workout Kamila	Ashtanga Yoga Julia	Athletics Lukas	17.30	Kickbox Workout Chris	Deep Work Renata	Ashtanga Yoga Gino		Athletics Elias	17.30	Shinergy 1 Hans	Shape Up Kamila							
18.00	Shinergy 1 Ronny	Deep Work Kamila	Yoga Rocks Barbara	Athletics Elias	18.00	Shinergy 1+2 Elias	Hot Iron Kamila	Ashtanga Yoga Julia	Athletics Renata	18.00	Shinergy 1+2 Chris	Hot Iron 1 Kamila	Vinyasa Flow Yoga Waltraud	Athletics Lukas	18.00	Shinergy 1+2 Chris	Hot Iron Renata	Yin-Yasa Yoga Barbara	Leg-Day Chris	Open Gym	18.00	Shinergy 1 Hans	Barre Workout Stefan	Easy Flow Yoga Jasmin	Disco Pump Chris/ Lorin	10.30				
18.30	Ende 19.15 Uhr				18.30					18.30					18.30						18.30	Ende 19:15				11.00		Hot Iron Kamila		
19.00	19.15 Uhr Shinergy 2* Ronny	Pilates Rita	Yin-Yasa Yoga Regina	Disco Pump Lorin	19.00	Kickbox Workout Chris	Deep Work Renata		Open Gym	19.00					19.00	Freedom Fighters* Ronny	Brazilian Jiu-Jitsu Michele			Open Gym	19.00	19:15 Shinergy 2* Manuel				11.30		Hot Iron 1 Kamila	Yoga Rocks Barbara	
19.30	20.15 Uhr Sparring	Barre Workout Kamila		Open Gym	19.30					19.30					19.30						19.30	20.15 Uhr Sparring				12.00				
20.00					20.00					20.00					20.00						20.00					12.30				
20.30					20.30					20.30					20.30						20.30					13.00				
21.00					21.00					21.00					21.00						21.00					13.30				
21.30					21.30					21.30					21.30						21.30					14.00				
22.00					22.00					22.00					22.00						22.00					14.30				
																									15.00					
																									15.30					
																									16.00	Freedom Fighters* Ab 15:00 Uhr Ali Reza				
																									16.30		Pilates Stefan		Vinyasa Flow Yoga Jasmin	Athletics Renata
																									17.00	Kickbox Workout Elias				
																									17.30					
																									18.00					
																									18.30	Shinergy 1+2 Manuel			Yin Yoga Jasmin	Burn! Renata
																									19.00					Open Gym
																									19.30					

Information zum Kursplan gültig ab 18.02.2019

### Rebels Ride - Urban Indoor Cycling

- \*An Feiertagen gilt der Sonntags-Stundenplan
- \*Shinergy Intro: Jeden 1. Samstag im Monat. Der Einstieg in Shinergy 1 und 1+2 ist jederzeit ohne Intro möglich.
- \*Athletics Intro: Erstellung des individuellen Trainingsplanes als Voraussetzung zur Teilnahme an den Athletics Kursen.
- \*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.

	Mo	Di	Mi	Do	Fr	Sa	So
09:00	Kamila		Kamila		Iris	Markus	
19:00	Kamila	18:00 Kamila	19:30 Iris	18:30 Lisa	18:00 Lisa		17:30 Christian