

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:00					
07:15					
07:30					Power Cycling (F) 07:15 - 08:00 Uhr (B. Eigner)
07:45					
08:00					Power Cycling (F) 08:05 - 08:50 Uhr (B. Eigner)
08:15					
08:30					
08:45					
09:00					
09:15					
09:30					
09:45					
10:00					
10:15	Entspannungsgymnastik mit Qigong (B) 10:15 - 11:00 Uhr (G. Zapf)				
10:30					
10:45					
11:00					
11:15	Hatha Yoga zum Auftanken (F/P) 11:15 - 12:15 Uhr (G. Zapf)				
11:30					
11:45					
12:00					
12:15					
12:30	Hatha Yoga zum Auftanken (F/P) 12:30 - 13:30 Uhr (G. Zapf)				
12:45					
13:00					
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14:45					
15:00					
15:15					
15:30					
15:45					
16:00	Pilates (F) 16:00 - 16:55 Uhr (H. Duhart)	Bauchkiller (B) 16:30 - 16:55 Uhr (C. Hausmann)		Tabata Intensive Workout (F) 16:15 - 16:45 Uhr (L. Drummer)	
16:15					
16:30					
16:45					
17:00	Kettle Bell (F) 17:00 - 17:55 Uhr (H. Duhart)	Winter Fitness (B) 17:00-17:45 Uhr (C. Hausmann)	Nike Dynamic Training (F) 17:00 - 17:45 Uhr (B. Eigner)	Nike Dynamic Training (F) 17:00 - 17:45 Uhr (B. Eigner)	
17:15					
17:30					
17:45					
18:00			Outdoor Training im Parcours (F) 18:00 - 18:50 Uhr (L. Drummer)	XCO Shape Outdoor (F) 18:15 - 19:00 Uhr (A. Srirom)	
18:15					
18:30					
18:45					
19:00		Full Body Workout (F) 19:00 - 19:45 Uhr (L. Drummer)			
19:15					
19:30					
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21:00					
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21:45					
22:00					
22:15					
22:30					
22:45					
23:00					
23:15					
23:30					

Belegung durch SGS

Basisprogramm (B)

Fitnesskurse (F) & Präventionskurse (P)