

OBERRIEDEN-SEEPARK



HOLMES PLACE

MONTAG

ZEIT	ANGEBOT	STUDIO
07:15-07:30	CIRCUIT	GYM
08:30-09:25	RÜCKEN FIT	Studio 2
08:40-08:55	ABS	GYM
09:00-09:55	BODYPUMP™	Studio 1
09:30-10:25	POWER YOGA	Studio 2
10:00-10:30	CXWORX™	Studio 1
10:30-10:45	ABS	GYM
10:35-11:30	PILATES	Studio 1
11:15-11:30	CIRCUIT	GYM
11:30-12:25	BARRE WORKOUT	Studio 2
12:15-13:15	BODY SHAPE	Studio 1
13:20-13:35	ABS	GYM
16:45-17:00	ROLLER	GYM
17:15-17:30	CIRCUIT	GYM
18:00-18:15	ABS	GYM
18:15-19:10	BODYPUMP™	Studio 1
18:30-19:15	AIRFIT	Studio 2
19:20-19:35	ABS	GYM
19:30-20:25	INDOOR CYCLING	Studio 1
20:35-20:50	ROLLER	GYM

DIENSTAG

ZEIT	ANGEBOT	STUDIO
07:15-07:30	CIRCUIT	GYM
08:40-08:55	ABS	GYM
09:00-09:55	BODY SHAPE	Studio 1
09:00-10:00	INDOOR CYCLING*	Studio 2
10:00-10:15	CIRCUIT	GYM
10:15-11:10	ANTIGRAVITY® BEGINNERS*	Studio 2
10:15-11:10	ZUMBA®	Studio 1
11:15-12:00	STRETCHING	Studio 1
11:15-12:00	TRX®	Studio 2
11:15-11:30	ABS	GYM
12:05-12:20	ABS	GYM
12:15-13:10	BODYPUMP™	Studio 1
12:15-13:10	BODYBALANCE™	Studio 2
13:15-13:30	ROLLER	GYM
17:30-17:45	CIRCUIT	GYM
18:30-19:25	DANCE	Studio 1
18:30-19:25	PILATES	Studio 2
18:45-19:00	ABS	GYM
19:30-20:25	BODYCOMBAT™	Studio 1
19:30-19:45	ABS	GYM
20:30-20:45	ROLLER	GYM

MITTWOCH

ZEIT	ANGEBOT	STUDIO
06:30-06:45	CIRCUIT	GYM
08:10-08:25	ABS	GYM
08:30-09:25	BODYPUMP™	Studio 1
08:45-10:10	YOGA AND MEDITATION	Studio 2
09:30-10:25	BODY SHAPE	Studio 1
09:30-09:45	CIRCUIT	GYM
10:15-11:10	BODYBALANCE™	Studio 2
10:30-11:25	ZUMBA®	Studio 1
11:15-12:10	ANTIGRAVITY® INTERMEDIATE*	Studio 2
11:30-11:45	ABS	GYM
12:15-13:15	TRX®	Studio 2
12:15-12:30	ABS	GYM
13:20-13:35	CIRCUIT	GYM
17:00-17:15	CIRCUIT	GYM
18:15-19:15	ANTIGRAVITY® ADVANCED*	Studio 2
18:15-18:30	ABS	GYM
18:30-19:25	BODY SHAPE	Studio 1
19:30-20:25	INDOOR CYCLING	Studio 1
19:30-20:25	PILATES	Studio 2
19:30-19:45	ABS	GYM
20:30-20:45	ROLLER	GYM

DONNERSTAG

ZEIT	ANGEBOT	STUDIO
07:15-07:30	CIRCUIT	GYM
08:35-08:50	ABS	GYM
09:00-09:55	BODY SHAPE	Studio 1
09:00-10:00	INDOOR CYCLING*	Studio 2
09:50-10:05	ABS	GYM
10:05-10:20	ROLLER	GYM
10:15-11:10	ATHLETICFLOW	Studio 1
10:15-11:10	PILATES	Studio 2
11:15-12:30	YOGA	Studio 2
11:20-11:35	ABS	GYM
11:40-12:10	CXWORX™	Studio 1
12:15-13:10	BODYPUMP™	Studio 1
13:15-13:30	ABS	GYM
17:00-17:15	CIRCUIT	GYM
18:15-18:30	ABS	GYM
18:30-19:25	DANCE	Studio 2
19:00-19:55	BODYPUMP™	Studio 1
19:30-20:25	YOGA	Studio 2
19:30-19:45	ABS	GYM
20:00-20:15	ROLLER	GYM

* Für die mit einem Stern gekennzeichneten Kurse muss vor Beginn der Stunde ein Token an der Rezeption bezogen werden.

FREITAG

ZEIT	ANGEBOT	STUDIO
06:30-06:45	CIRCUIT	GYM
08:10-08:25	ABS	GYM
08:30-09:10	AIRFIT	Studio 1
08:30-09:25	RÜCKEN FIT	Studio 2
09:15-09:45	CXWORX™	Studio 1
09:30-10:30	FELDENKRAIS	Studio 2
09:45-10:40	LATIN DANCE	Studio 1
09:50-10:05	ROLLER	GYM
10:45-11:45	PILATES	Studio 1
11:05-11:20	ABS	GYM
12:15-13:15	BODY SHAPE	Studio 1
13:20-13:35	ABS	GYM
14:35-14:50	CIRCUIT	GYM
15:50-16:05	ABS	GYM
17:15-17:30	CIRCUIT	GYM
18:30-18:45	ABS	GYM
19:45-20:00	ABS	GYM

SAMSTAG

ZEIT	ANGEBOT	STUDIO
08:45-09:55	HATHA YOGA	Studio 2
08:55-09:10	ABS	GYM
09:15-10:10	BODYPUMP™	Studio 1
10:00-10:55	PILATES	Studio 2
10:15-10:45	CXWORX™	Studio 1
10:15-10:30	ABS	GYM
10:50-11:05	ROLLER	GYM
11:00-11:55	BODYBALANCE™	Studio 2
11:00-12:00	ZUMBA®	Studio 1
12:00-12:30	LATIN DANCE ADVANCED	Studio 1
12:00-12:45	AIRFIT	Studio 2
12:00-12:15	ABS	GYM
17:45-18:00	ABS	GYM

SONNTAG

ZEIT	ANGEBOT	STUDIO
09:15-10:30	YOGA & MEDITATION	Studio 2
09:30-10:45	BODY SHAPE	Studio 1
10:00-10:15	ABS	GYM
10:40-11:40	ANTIGRAVITY® ADVANCED*	Studio 2
11:15-12:10	BODYCOMBAT™	Studio 1
11:30-11:45	CIRCUIT	GYM
11:50-12:50	ANTIGRAVITY® BEGINNERS*	Studio 2
12:45-13:00	ABS	GYM
14:00-14:15	CIRCUIT	GYM
16:30-17:45	INDOOR CYCLING (BEGINNT AM 03.11.)	Studio 1
17:45-18:00	ABS	GYM
18:15-19:10	BODYPUMP™	Studio 1

Wir bieten Ihnen exklusiv folgende Originalprodukte an:

LES MILLS
BODYCOMBAT



LES MILLS
BODYBALANCE



LES MILLS
BODYPUMP



LES MILLS
CXWORX



Enjoy the journey.