

STUDIO 1

STUDIO 2

SONSTIGE

MONTAG

09:30-10:30 Indoor Cycling
10:30-11:30 Flexi-Bar

17:00-18:00 Step Aerobic
18:00-19:00 RückenBauchFit
19:00-20:00 Vario Fit
20:00-21:00 Langhantel Workout

09:00-09:30 Cardio-1.+3. Di. i. Monat
09:30-10:30 Core Workout
10:30-11:30 Pilates II ★
16:30-17:00 4 D Pro Reaction® Anf. ★
17:00-17:45 4 D Pro Reaction® Mix ★
18:00-19:00 Funktionelles Training
19:00-20:00 Bodystyling
20:00-21:00 Step Choreo

08:30-09:30 Vital & Fit Best Ager
09:30-10:30 Complete Body Workout
10:30-11:30 RückenBauchFit

18:00-19:00 Vinyasa Power Yoga ★
19:00-20:00 Pilates ★
20:15-21:15 Indoor Cycling

09:30-10:30 Langhantel Workout
10:30-11:30 Indoor Cycling

18:00-19:00 HIIT Attack ★
19:00-20:00 4 D Pro Reaction® Fortg. ★
20:00-21:00 4 D Pro Reaction® Mix ★

08:30-09:30 Vital & Fit Best Ager
09:30-10:30 Bodystyling

11:15-12:00 4 D Pro Reaction® Mix ★
17:00-18:00 Complete Body Workout
18:00-19:00 BBRP
19:15-20:15 Indoor Cycling

16:00-17:00 Samstag Spezial I
17:00-18:00 Samstag Spezial II

10:00-11:00 Cycling
11:00-12:00 Sonntag Spezial

DIENSTAG

MITTWOCH

DONNERSTAG


FREITAG

SAMSTAG

SONNTAG

17:00-20:00 MTT Fachberatung
18:00-19:00 Pilates II ★
19:00-20:00 Pilates I ★

17:30-18:30 Energy Dance @ ★
17:30-20:15 MTT Fachberatung

09:00-10:15 Präv. 
Beckenbodentraining
10:30-13:00 MTT Fachberatung




18:00-19:00 Bodystyling

09:30-10:30 Vital & Fit Best Ager
10:30-11:30 Pilates II ★

17:45-20:30 MTT Fachberatung
18:00-19:00 Yoga
19:00-20:00 Vario Fit
20:00-21:00 Rücken-Fitness


08:30-11:15 MTT Fachberatung
10:30-11:45 Vinyasa Power Yoga ★

17:00-17:45 Aquafitness ★



09:00-10:00 Nordic Walking 
10:30-11:15 Präv. Aquafitness I 
11:15-12:00 Präv. Aquafitness II 

18:00-20:00 Mixed Martial Arts 

09:30-10:30 Fit + Vital im Wasser II ★

18:00-20:00 Mixed Martial Arts 

10:15-11:00 Aquafitness ★







18:30-20:00 Aktiv abnehmen! 
20:15-21:00 Präv. Aquafitness 

09:00-10:15 Nordic Walking 

09:30-10:30 Fit + Vital im Wasser ★

18:30-20:15 Mixed Martial Arts 

Ab Mai 2017

-  SPORTPARK UELZENER STRASSE (MOTIVO)
-  HALLE A
-  STUDIO 3
-  PRÄVENTIONSKURS
-  SPEZIALKURS
-  EXKLUSIV FÜR MITGLIEDER
-  POLAR OWN-ZONE
-  SOMMERPAUSE (JULI-AUGUST)

