

MO	DI	MI	DO	FR	SA	SO
9:00 - 10:00 Zirkeltraining	9:00 - 10:00 Wake Up Fitness		9:00 - 10:00 Zirkeltraining			
10:00 - 10:55 Zumba	10:00 - 11:00 WSG	10:00 - 11:30 Yoga	10:00 - 11:00 WSG	10:00 - 11:00 Workout	10:15- 11:45 Pilates	
		11:45 - 12:30 VarioSling		11:15 - 12:45 Yoga		SOMMERPAUSE 12:30 - 13:30 Spinbike
14:00 - 15:00 WSG				14:00 - 15:00 WSG	<p>Alle Kurse bleiben weiterhin anmeldepflichtig.</p> <p>Kursraum 1</p> <p>Kursraum 2</p> <p>Trainingsfläche</p> <p>Outdoor</p>	
17:00 - 17:55 HIIT Lift	17:00 - 17:55 Workout meets VarioSling	17:30 - 18:25 Rücken Fit	18:00 - 18:55 Step	16:30 - 17:25 XCo		
18:00 - 18:55 BBP	18:00 - 18:55 Power Lift	18:30 - 19:25 Deep Work	18:00 - 19:30 Pilates	17:30 - 18:30 Spinbike		
	18:00 - 18:55 Rücken Fit	18:30 - 19:15 Bauchspezial	19:00 - 20:00 Power Lift	17:30 - 18:30 Deep Work		
19:00 - 19:55 XCo	19:00 - 20:00 Bootcamp	19:30 - 20:30 Zumba	20:00 - 20:30 Bauchspezial	18:45 - 20:15 Yoga		
20:00 - 21:00 Roxx Boxworkout	19:00 - 20:30 Power Yoga	19:30 - 20:30 Mobi & Stretch	20:15 - 21:15 Roxx Boxworkout			

Infos: 0341 - 14 16 777 | Elsterstraße 24 - 04109 Leipzig | gültig ab **Juni 2022**