



KURSPLAN GÜLTIG AB FEBRUAR 2020

Bitte beachten: Organisationsbedingte Änderung der Kurse vorbehalten.

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 - 09:00 Bodybalance Studio 1	08:15 - 09:15 Cycle C-Raum	08:15 - 09:15 Bodypump Studio 2	08:30 - 09:25 Pilates Studio 2	07:00 - 08:00 Cycle C-Raum	10:00 - 10:55 Synrgy Synrgy	10:30 - 11:30 Cycle C-Raum
09:00 - 09:25 Bauch, Beine, Po Xpress Studio 2	09:00 - 10:00 Pilates Studio 1	08:30 - 09:30 Bodybalance Studio 1	08:30 - 09:25 Synrgy Synrgy	08:00 - 08:30 Tabata Studio 2	11:00 - 11:25 Stretch & Relax Studio 1	10:30 - 11:25 Step Studio 2
09:30 - 09:55 Wirbelsäulen Xpress Studio 2	10:00 - 10:30 Best Age Studio 2	09:30 - 10:25 Wirbelsäule Studio 2	09:00 - 10:00 Jumping Studio 1	08:30 - 09:25 Schwimmtechnik Pool	11:00 - 12:00 Special Studio 2	11:00 - 11:55 Synrgy Synrgy
09:30 - 10:30 Yoga Studio 1	10:30 - 11:55 Yoga Studio 1	10:30 - 11:30 Zumba Studio 2	09:30 - 10:25 Wirbelsäule Studio 2	8:30 - 09:25 Step Fatburner Studio 2	11:30 - 12:15 Aqua Pool	11:00 - 11:45 Aqua Pool
10:00 - 10:25 Stretch & Relax Studio 2	11:00 - 11:55 Zumba Gold Studio 2	10:45 - 11:30 Aqua Pool	10:10 - 10:55 Aqua Pool	09:00 - 09:55 Yoga Studio 1		11:30 - 12:30 Bodypump Studio 2
10:45 - 11:30 Aqua Pool			08:30 - 10:55 Stretch & Relax Studio 2	09:30 - 10:30 Bodypump Studio 2		12:00 - 12:25 Stretch & Relax Studio 1
				10:40 - 11:25 Aqua Pool		12:35 - 13:05 CX Worx Studio 2
						13:10 - 14:10 Bodycombat Studio 2
17:30 - 18:30 Cycle C-Raum	17:00 - 17:45 Aqua Pool	17:15 - 18:00 Aqua Pool	17:20 - 18:30 Pilates Studio 2	16:30 - 18:00 Yoga Intense Studio 1	16:00 - 16:30 Bauch und Rücken Studio 2	16:00 - 17:00 Jumping Studio 1
17:30 - 18:25 Pilates Studio 1	17:30 - 18:25 Bodyworkout Studio 1	17:30 - 18:25 Danceworkout Studio 1	18:00 - 19:00 Wirbelsäule Studio 1	16:30 - 17:00 Bauch und Rücken Studio 2	16:30 - 17:30 Bootcamp Studio 2	17:00 - 17:30 CX Worx Studio 2
17:30 - 17:55 Tabata Studio 2	18:00 - 19:00 Bodypump Studio 2	17:30 - 18:25 Bodystyling Studio 2	18:30 - 18:55 Aero Sling Functional Zone	17:00 - 18:00 Hot Iron Studio 2		17:30 - 18:00 Grit Studio 2
18:00 - 18:25 Bauch, Beine, Po Xpress Studio 2	18:30 - 19:30 Cycle C-Raum	18:00 - 18:55 Schwimmtechnik Pool	18:35 - 19:05 Grit Studio 2	17:00 - 18:00 Functional Functional Zone		18:15 - 19:00 Aqua Pool
18:30 - 18:55 Bauch und Rücken Studio 2	18:30 - 18:55 Core Workout Studio 1	18:00 - 19:00 Cycle Einsteiger C-Raum	19:00 - 20:00 Synrgy Synrgy	18:00 - 19:00 Bodyattack Studio 2		
18:30 - 19:15 Aqua Pool	19:00 - 19:55 Faszientraining Studio 1	18:30 - 19:30 Bodyattack Studio 1	19:00 - 20:00 Cycle C-Raum	18:05 - 19:00 Cycle C-Raum		
18:30 - 19:30 Cycle C-Raum	19:00 - 19:25 Aero Sling Functional Zone	18:30 - 19:00 CX Worx Studio 2	19:05 - 19:30 CX Worx Studio 2	18:00 - 18:45 Aqua Pool		
19:00 - 20:00 Functional Functional Zone	19:00 - 19:30 Grit Studio 2	19:00 - 19:30 Cycle C-Raum	19:40 - 20:40 Bodybalance Studio 1			
19:00 - 20:00 Bodypump Studio 2	19:45 - 20:45 Bodycombat Studio 2	19:00 - 20:00 Bodypump Studio 2	19:40 - 20:40 Bodycombat Studio 2			
18:30 - 20:00 Yoga Intense Studio 1	20:00 - 21:00 Synrgy Synrgy	19:00 - 20:00 Functional Functional Zone				
20:00 - 21:00 Jumping Studio 1	20:00 - 21:00 Jumping Studio 1	19:30 - 20:30 Yoga Studio 1				
20:00 - 21:00 Danceworkout Studio 2	21:00 - 21:25 Stretch & Relax Studio 1	19:45 - 20:45 Bodycombat Studio 2				
		20:30 - 20:55 Autogenes Training Studio 1				

Immer informiert:

 **HYGIA Fitness Braunschweig**

 **hygia_fitness**

KOSTENLOSE KINDERBETREUUNG:

Mo – Fr: 08:00 – 12:30 Uhr
15:30 – 19:30 Uhr

Sa: 14:30 – 19:30 Uhr

So: 10:00 – 14:30 Uhr
16:00 – 19:30 Uhr

 ENTSPANNUNGSKURSE
 AQUAKURSE
 KRÄFTIGUNGSKURSE
 CARDIOKURSE
 YOGA INTENSE
 SPECIAL
 BEST AGE KURSE
 JUMPING