


# KURSPLAN


GÜLTIG AB 01. OKTOBER 2018

Bitte beachten: Organisationsbedingte Änderung der Kurse vorbehalten.

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 – 09:25 <b>Bauch, Beine, Po Xpress</b> Studio 2	08:30 – 09:30 <b>Cycle</b> C-Raum	07:00 – 08:00 <b>Cycle</b> C-Raum	08:30 – 09:25 <b>SYNRGY 360™</b> SYNRGY	07:00 – 08:00 <b>Cycle</b> C-Raum	10:00 – 10:55 <b>SYNRGY 360™</b> SYNRGY	10:30 – 11:25 <b>Step</b> Studio 2
09:30 – 09:55 <b>Wirbelsäule Xpress</b> Studio 2	09:00 – 09:55 <b>Pilates</b> Studio 2	08:30 – 08:55 <b>Workout Xpress</b> Studio 1	08:30 – 09:25 <b>Pilates</b> Studio 1	08:00 – 08:25 <b>Tabata</b> Studio 1	11:00 – 11:25 <b>Stretch &amp; Relax</b> Studio 1	10:30 – 11:30 <b>Cycle</b> C-Raum
10:00 – 10:25 <b>Stretch &amp; Relax</b> Studio 2	09:45 – 10:15 <b>SYNRGY 360™ Xtreme</b> SYNRGY	08:30 – 09:30 <b>BODYPUMP®</b> Studio 2	09:30 – 10:25 <b>Wirbelsäule</b> Studio 2	08:30 – 08:55 <b>Aero Sling</b> Studio 1	11:30 – 12:15 <b>Aqua</b> Pool	11:00 – 11:55 <b>SYNRGY 360™</b> SYNRGY
10:45 – 11:30 <b>Aqua</b> Pool	10:00 – 10:25 <b>Best Age</b> Studio 2	09:00 – 09:30 <b>Faszientraining</b> Studio 1	10:30 – 10:55 <b>Stretch &amp; Relax</b> Studio 2	08:30 – 09:25 <b>Step Fatburner</b> Studio 2	16:00 – 16:25 <b>Bauch &amp; Rücken</b> Studio 2	11:30 – 12:30 <b>BODYPUMP®</b> Studio 2
17:30 – 17:55 <b>Tabata</b> Studio 2	10:30 – 11:55 <b>Yoga</b> Studio 1	09:30 – 10:25 <b>Wirbelsäule</b> Studio 2	11:15 – 12:00 <b>Aqua</b> Pool	09:00 – 10:00 <b>Yoga</b> Studio 1	16:30 – 17:25 <b>Bootcamp</b> Studio 2	12:00 – 12:25 <b>Stretch &amp; Relax</b> Studio 1
17:30 – 18:30 <b>Cycle</b> C-Raum	11:00 – 11:55 <b>Zumba® Gold</b> Studio 2	10:00 – 10:55 <b>ZUMBA®</b> Studio 1	17:30 – 17:55 <b>Aero Sling</b> Studio 1	09:30 – 10:30 <b>BODYPUMP®</b> Studio 2		12:35 – 13:05 <b>HIIT</b> Studio 2
18:00 – 18:25 <b>Bauch, Beine, Po Xpress</b> Studio 2	17:00 – 17:45 <b>Aqua</b> Pool	10:45 – 11:30 <b>Aqua</b> Pool	17:30 – 18:25 <b>Pilates</b> Studio 2	10:40 – 11:20 <b>Aqua</b> Pool		13:10 – 14:10 <b>BODYCOMBAT®</b> Studio 2
18:15 – 19:45 <b>Yoga Intense</b> Studio 1	17:00 – 17:55 <b>Bodyworkout</b> Studio 2	17:30 – 18:25 <b>Dance Workout</b> Studio 2	18:30 – 19:00 <b>GRIT™</b> Studio 2	16:30 – 16:55 <b>Bauch &amp; Rücken</b> Studio 2		18:15 – 19:00 <b>Aqua</b> Pool
18:30 – 18:55 <b>Bauch &amp; Rücken</b> Studio 2	17:30 – 17:55 <b>Aero Sling</b> Studio 1	17:30 – 18:25 <b>Step Fatburner</b> Studio 2	18:30 – 18:55 <b>Core Intense</b> Studio 1	16:30 – 18:00 <b>Yoga Intense</b> Studio 1		
18:30 – 19:15 <b>Aqua</b> Pool	18:00 – 18:25 <b>Bauch, Beine, Po Xpress</b> Studio 1	18:00 – 18:55 <b>Schwimmtechnik</b> Pool	19:00 – 19:55 <b>SYNRGY 360™</b> SYNRGY	17:00 – 17:55 <b>HOT IRON™ 1-2</b> Studio 2		
18:35 – 19:35 <b>Cycle</b> C-Raum	18:00 – 18:55 <b>Fatburner</b> Studio 2	18:00 – 19:00 <b>Cycle für Einsteiger</b> C-Raum	19:00 – 20:00 <b>Cycle</b> C-Raum	18:00 – 18:45 <b>Aqua</b> Pool		
19:00 – 20:00 <b>BODYPUMP®</b> Studio 2	18:30 – 19:25 <b>Pilates</b> Studio 1	18:30 – 18:55 <b>Tabata</b> Studio 2	19:05 – 19:35 <b>HIIT</b> Studio 2	18:00 – 19:25 <b>Cycle</b> C-Raum		
20:00 – 20:25 <b>Bauch &amp; Rücken</b> Studio 1	18:30 – 19:30 <b>Cycle</b> C-Raum	19:00 – 19:45 <b>Aqua</b> Pool	19:40 – 20:30 <b>BODYCOMBAT®</b> Studio 2			
20:05 – 21:00 <b>Dance Workout</b> Studio 2	19:05 – 19:35 <b>GRIT™</b> Studio 2	19:00 – 19:55 <b>SYNRGY 360™</b> SYNRGY	20:00 – 20:25 <b>Stretch &amp; Relax</b> Studio 1			
	19:30 – 20:25 <b>Rückenfit</b> Studio 1	19:00 – 20:00 <b>Cycle</b> C-Raum				
	19:45 – 20:45 <b>BODYCOMBAT®</b> Studio 2	19:00 – 20:00 <b>BODYPUMP®</b> Studio 2				
	20:00 – 20:55 <b>SYNRGY 360™</b> SYNRGY	19:30 – 20:25 <b>Yoga</b> Studio 1				
	21:00 – 21:25 <b>Stretch &amp; Relax</b> Studio 1	20:30 – 20:55 <b>Autogenes Training</b> 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 – 14:00 Uhr
	16:00 – 19:30 Uhr

■ CARDIOKURSE    
 ■ KRÄFTIGUNGSKURSE    
 ■ ENTSPANNUNGSKURSE    
 ■ SPECIAL    
 ■ AQUAKURSE    
 ■ BEST AGE KURSE