


KURSPLAN GÜLTIG AB 14. SEPTEMBER


Bitte beachten: Organisationsbedingte Änderung der Kurse vorbehalten.

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 09:25 Bauch, Beine, Po Xpress (S) Studio 2	08:15 - 09:15 Cycle (C) C-Raum	08:15 - 09:15 Bodypump (S) Studio 2	08:30 - 09:25 Pilates (S) Studio 2	07:00 - 08:00 Cycle (C) C-Raum		10:30 - 11:25 Step (S) Studio 2
09:30 - 09:55 Wirbelsäulen Xpress (S) Studio 2	10:00 - 10:25 Best Age (S) Studio 1	08:30 - 09:25 Bodybalance (S) Studio 1	08:30 - 09:30 Jumping (S) Studio 1	8:30 - 09:25 Step Fatburner (D) Studio 2		10:30 - 11:30 Cycle (C) C-Raum
09:30 - 10:30 Yoga (S) Studio 1	10:30 - 11:55 Yoga (S) Studio 1	09:30 - 10:25 Wirbelsäule (S) Studio 2	09:30 - 10:25 Wirbelsäule (S) Studio 2	9:00 - 10:00 Yoga (S) Studio 1	10:00 - 10:55 SYNRGY (B) Fläche	11:00 - 11:45 Aqua (A) Pool
9:50 - 10:35 Aqua (A) Pool	11:00 - 11:55 Zumba Gold (S) Studio 2	10:30 - 11:25 Zumba (D) Studio 2	10:30 - 10:55 Stretch & Relax (S) Studio 2	9:30 - 10:30 Bodypump (S) Studio 2	11:00 - 11:30 Stretch & Relax (S) Studio 1	11:30 - 12:30 Bodypump (S) Studio 2
10:00 - 10:30 Stretch & Relax (S) Studio 2		10:45 - 11:30 Aqua (A) Pool	10:45 - 11:30 Aqua (A) Pool	10:15 - 11:00 Meditation (S) Studio 1	11:30 - 12:15 Aqua (A) Pool	12:40 - 13:10 CX Worx (S) Studio 2
10:45 - 11:30 Aqua (A) Pool				10:40 - 11:25 Aqua (A) Pool		13:15 - 14:15 Bodycombat (D) Studio 2
17:15 - 18:10 Pilates (S) Studio 1	17:00 - 17:45 Aqua (A) Pool	17:15 - 18:00 Aqua (A) Pool	17:00 - 17:45 HIIT (D) Studio 1	16:30 - 18:00 Yoga Intense (S) Studio 1	16:00 - 16:25 Bauch und Rücken (S) Studio 2	16:00 - 17:00 Jumping (S) Studio 1
17:30 - 17:55 Tabata (D) Studio 2	17:00 - 17:45 HIIT (D) Studio 2	17:15 - 18:15 Jumping (S) Studio 1	17:20 - 18:30 Pilates (S) Studio 2	16:30 - 16:55 Bauch und Rücken (S) Studio 2	16:30 - 17:15 Tabata (D) Studio 2	17:15 - 18:00 Aqua (A) Pool
17:30 - 18:15 Aqua (A) Pool	17:30 - 18:25 Bodyworkout (S) Studio 1	17:30 - 18:25 Bodystyling (S) Studio 2	17:30 - 18:15 Aqua (A) Pool	17:00 - 18:00 Hot Iron (S) Studio 2		
17:30 - 18:30 Cycle (C) C-Raum	18:00 - 19:00 SYNRGY (B) Fläche	18:00 - 18:55 Schwimmtechnik (A) Pool	18:00 - 19:00 SYNRGY (B) Fläche	18:05 - 19:05 Bodyattack (D) Studio 2		
18:00 - 18:25 Bauch, Beine, Po Xpress (S) Studio 2	18:00 - 19:00 Bodypump (S) Studio 2	18:00 - 19:00 Cycle Einsteiger (C) C-Raum	18:00 - 19:30 Yin Yoga (S) Studio 1	18:05 - 19:00 Cycle (C) C-Raum		
18:15 - 19:45 Yoga Intense (S) Studio 1	18:30 - 18:55 Core Workout (S) Studio 1	18:25 - 19:25 Zumba (D) Studio 1	18:35 - 19:05 Grit (D) Studio 2			
18:30 - 18:55 Bauch und Rücken (S) Studio 2	18:30 - 19:30 Cycle (C) C-Raum	18:30 - 19:00 CX Worx (S) Studio 2	18:00 - 19:00 Cycle (C) C-Raum			
18:30 - 19:15 Aqua (A) Pool	19:00 - 19:55 Faszientraining (S) Studio 1	19:00 - 20:00 Cycle (C) C-Raum	19:00 - 20:00 Cycle (C) C-Raum			
18:30 - 19:30 Cycle (C) C-Raum	19:40 - 20:40 Bodycombat (D) Studio 2	19:05 - 20:05 Bodypump (S) Studio 2	19:30 - 20:30 Bodycombat (D) Studio 2			
19:00 - 20:00 Bodypump (S) Studio 2	20:00 - 20:30 Stretch & Relax (S) Studio 1	19:30 - 20:30 Yoga (S) Studio 1	19:40 - 20:40 Bodybalance (S) Studio 1			
20:00 - 21:00 Zumba (D) Studio 2	20:30 - 21:15 Meditation (S) Studio 1	20:10 - 21:10 Bodycombat (D) Studio 2				
20:00 - 21:00 Jumping (S) Studio 1						

- (S) = Statischer Kurs maximal 25 Teilnehmer
- (D) = Dynamischer Kurs maximal 25 Teilnehmer
- (C) = Cycle Kurs maximal 18 Teilnehmer
- (A) = Aqua Kurs maximal 25 Teilnehmer
- (B) = SYNRGY maximal 15 Teilnehmer

Immer informiert:

 HYGIA Fitness Braunschweig

 hygia_fitness

ENTSPANNUNGSKURSE AQUAKURSE KRÄFTIGUNGSKURSE CARDIOKURSE YOGA INTENSE SPECIAL BEST AGE KURSE JUMPING