

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00		06:30 Studio 1 (60) IRON SYSTEM®			06:45 Studio 1 (60) IRON SYSTEM®		
			06:30 Cyclingraum (60) Cycling Gold				
07:00	07:00 Studio 1 (60) deepWORK®			07:00 Cyclingraum (60) Cycling Gold			
08:00			08:00 Studio 2 (50) FaszienFLOW ☺	08:30 Studio 1 (60) deepWORK®			
			08:00 Pool (60) Schwimmtraining				
09:00	09:00 Studio 1 (60) IRON SYSTEM®	09:00 Studio 1 (50) BBRP	09:00 Studio 1 (60) Athletic Moves	09:40 Studio 1 (60) IRON SYSTEM®	09:00 Studio 1 (50) Workout Xplosion	09:30 Studio 1 (60) IRON SYSTEM®	09:30 Studio 1 (60) deepWORK®
	09:00 Studio 2 (60) Wirbelsäule		09:00 Studio 2 (75) Vinyasa Yoga I	09:00 Studio 2 (60) Pilates II		09:30 Studio 2 (90) Vinyasa Yoga	09:30 Studio 2 (75) Yoga Beginner
		09:00 Cyclingraum (60) Cycling Gold					
	09:30 Pool (50) Aqua Workout		09:30 Pool (50) Aqua Mix				
		09:00 Fläche (20) FaszienFIT		09:00 Fläche (20) Core Xpress			
	09:00 Funct. Area (30) Business Workout		09:00 Funct. Area (30) Business Workout	09:30 Funct. Area (30) Business Workout	09:00 Funct. Area (30) Business Workout		
10:00	10:10 Studio 1 (60) Athletic Moves	10:15 Studio 1 (60) IRON SYSTEM®	10:05 Studio 1 (30) TABATA intense	10:45 Studio 1 (60) FUNCTIONALFIT®	10:00 Studio 1 (55) Step Dance I-II	10:35 Studio 1 (60) Athletic Moves	10:35 Studio 1 (75) Wirbelsäule + Stretch
	10:05 Studio 2 (50) FaszienFLOW ☺	10:00 Studio 2 (60) Pilates I-II	10:20 Studio 2 (60) Yin Yoga	10:05 Studio 2 (75) Yoga Beginner			
	10:25 Pool (30) Aqua intense						
							10:00 Funct. Area (30) Business Workout
11:00						11:40 Studio 1 (30) TABATA intense	
	11:10 Studio 2 (90) Vinyasa Yoga I-II	11:25 Studio 2 (60) Gesunder Rücken		11:50 Studio 2 (60) NATURALFLOW®	11:00 Studio 2 (50) RückenFIT	11:05 Studio 2 (60) Yin Yoga	
				11:00 Pool (50) Aqua Intervall			11:00 Pool (50) Aqua Workout
12:00		12:00 Funct. Area (30) Business Workout		12:00 Fläche (20) Core Xpress			
13:00			13:00 Studio 2 (50) Pilates I				
14:00			14:00 Pool (50) Aqua Workout				
16:00	16:45 Studio 1 (75) Wirbelsäule + Stretch	16:55 Studio 1 (60) IRON SYSTEM®	16:30 Studio 2 (75) Vinyasa Yoga I	16:30 Studio 1 (60) STRONG by ZUMBA®	16:55 Studio 1 (60) Athletic Moves	16:10 Studio 1 (50) Pilates Athletic I	
				16:45 Studio 2 (60) Flexi Rücken		16:40 Studio 2 (75) PhysioFlowYoga®	
17:00				17:50 Studio 1 (60) Athletic Moves		17:05 Studio 1 (60) IRON SYSTEM®	
	17:00 Studio 2 (60) Pilates I-II			17:50 Studio 2 (60) Pilates II			
		17:45 Cyclingraum (75) Cycling Platinum					
				17:50 Pool (30) Aqua intense			
18:00	18:05 Studio 1 (60) deepWORK®	18:00 Studio 1 (30) Thai Bo Intro	18:00 Studio 1 (55) Dance Step I-II		18:00 Studio 1 (60) IRON SYSTEM®	18:10 Studio 1 (60) Gesunder Rücken	18:30 Studio 1 (55) ZUMBA®
		18:30 Studio 1 (50) Thai Bo				18:00 Studio 2 (75) Hatha Yoga I	18:00 Studio 2 (90) PhysioFlowYoga®
	18:05 Studio 2 (50) FaszienSTRETCH	18:00 Studio 2 (60) Wirbelsäule	18:05 Studio 2 (60) bodyART® STRENGTH				
	18:30 Cyclingraum (50) Cycling Silver		18:30 Cyclingraum (60) Cycling Gold	18:00 Cyclingraum (60) Cycling Gold	18:30 Cyclingraum (90) Cycling Black		18:00 Cyclingraum (90) Cycling Black
			18:00 Pool (50) Aqua Workout				
19:00	19:10 Studio 1 (60) IRON SYSTEM®	19:30 Studio 1 (60) DANTAO	19:00 Studio 1 (75) Bodystyling + Stretch	19:00 Studio 1 (55) ZUMBA®	19:05 Studio 1 (50) FaszienSTRETCH		
	19:00 Studio 2 (75) Yoga Beginner	19:05 Studio 2 (50) FaszienFLOW ☺	19:10 Studio 2 (60) deepWORK®	19:00 Studio 2 (60) bodyART® STRENGTH			
	19:30 Cyclingraum (60) Cycling Gold	19:25 Cyclingraum (60) Cycling Gold					
	19:30 Fläche (20) Core Xpress		19:00 Fläche (20) Core Xpress				
	19:00 Funct. Area (30) Business Workout	19:00 Funct. Area (30) Business Workout		19:00 Funct. Area (30) Business Workout			
20:00		20:35 Studio 1 (60) IRON SYSTEM®	20:15 Studio 1 (60) IRON SYSTEM®				
			20:15 Studio 2 (60) Yin Yoga	20:05 Studio 2 (60) deepWORK®			

Aqua Body + Mind Choreographie Cycling Small Group Training Workout

Das Kursangebot findet ab 3 Teilnehmern statt!

Easy/Intro/Beginner = Einsteiger | I = Mittelstufe | II = Fortgeschritten | IRON SYSTEM® Levelverteilung siehe Internet | ☺ Kursangebot ist teilnehmerbegrenzt |
⬇️ Wir empfehlen zu diesem Kursangebot eigenes Equipment mitzubringen | ❤️ Bitte zu diesem Kursangebot aufgewärmt erscheinen! | ▲ monatsweise im Wechsel (siehe Aushang!)

Fairplay | Group Fitness

- Bitte erscheine pünktlich zu Beginn des Kursangebotes.
- Solltest Du aus gesundheitlichen Gründen eingeschränkt sein, bitten wir Dich, den Instructor darüber zu informieren.
- Wir empfehlen angemessene Trainingsbekleidung.
- Aus hygienischen Gründen bitten wir darum, ein Trainingshandtuch zu benutzen.
- Zum eigenen Schutz solltest Du ausschließlich Plastikflaschen nutzen.
- Bitte geeignetes Schuhwerk verwenden, um Verletzungen und Verunreinigungen zu vermeiden.

Änderungen vorbehalten

**Einzigartig in München | BEATbox®
NUR im Center WERK12**

„train hard – eat smart“

The best possible workout, heavy-lifting and cardiovascular conditioning. With only 30 or 45 minutes to get it done, our coaches will push you hard, make you sweat, and ensure you have a great time

