

# FIT & FRIENDS

FREUNDE  
MITBRINGEN LOHNT  
SICH!

## KURSPLAN MÄRZ 2019



Öffnungszeiten:

MO/DI/MI 8:30 – 23:00  
DO/FR 8:30 – 22:00  
SA/SO/Feiertag 8:30 – 20:00

\*X-FIT – Kurse: Bitte auf der Homepage anmelden

## NEU

Kinderbetreuung: MO 09:00 – 12:00 / SA 10:00 – 13:00  
Damensauna: MI 16:00 – 20:30 / SA 12:00 – 14:00  
Massage: MO / MI / FR 16:00 – 21:00

Kurse: **Fitness** **Gesundheit** **X – FIT/HIT** **Kampfsport**

\*TRX® – SLING FITNESS: Bitte in die Teilnehmerliste eintragen

## FITNESSLOUNGE ERLANGEN


HOTLINE 09131 28882

Vierzigmannstraße 26a

91054 Erlangen

info@fitnesslounge-erlangen.de

www.fitnesslounge-erlangen.de

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<p>KURSRAUM 2 <b>FIT &amp; VITAL</b> 09:30 - 10:30</p>	<p>KURSRAUM 3 <b>PILATES – BBP – TRAINING</b> 10:15 - 11:15 <b>FASZIEN – TRAINING</b> 11:15 - 11:45</p>		<p>KURSRAUM 3 <b>BAUCH – BEINE – PO</b> 09:30 - 10:30 <b>BODY &amp; MIND</b> 10:30 – 11:15</p>	<p>KURSRAUM 2 <b>BODYFORMING</b> 10:00 - 11:00</p>	<p>KURSRAUM 2 <b>TRX® – SLING FITNESS*</b> 10:00 - 11:00 <b>FITNESS &amp; BALANCE</b> 11:00 - 12:00 <b>HIGH – INTENSITY – TABATA</b> 12:00 - 12:30 <b>BAUCH – WORKOUT</b> 12:30 - 13:00</p>	<p>KURSRAUM 3 <b>INDOOR – CYCLING</b> 10:30 - 11:45 </p>
<p>KURSRAUM 3 <b>INDOOR – CYCLING</b> <b>EINSTEIGER</b> 17:00 - 18:00 <b>BODYFORMING – CARDIO</b> 18:00 - 19:00 <b>BAUCH – WORKOUT</b> 19:00 - 19:30 <b>ZUMBA ENERGY RUSH</b> 19:30 – 20:30</p>	<p>KURSRAUM 3 <b>STABILITY &amp; STRENGTH</b> 16:30 - 17:00 <b>TOTAL – BODY – WORKOUT</b> 17:00 - 18:00 <b>BAUCH – BEINE – PO</b> 18:00 - 19:00 <b>RÜCKENTRAINING</b> 19:00 - 20:00 <b>INDOOR – CYCLING</b> 20:00 - 21:15 <b>FASZIEN – TRAINING</b> 21:15 - 22:00</p>	<p>KURSRAUM 3 <b>PILATES – RÜCKEN &amp; CORE</b> 17:00 - 18:00 <b>YOGA</b> 18:00 - 19:30 <b>ZUMBA</b> 19:30 – 20:30 <b>ZUMBA IN THE CIRCUIT</b> 20:30 - 21:00</p>	<p>KURSRAUM 3 <b>HIGH – INTENSITY – TABATA</b> 17:00 - 17:30 <b>BAUCH – WORKOUT</b> 17:30 - 18:00 <b>BODYFORMING</b> 18:00 - 19:00 <b>ZUMBA</b> 19:00 - 20:00 <b>INDOOR – CYCLING</b> 20:00 - 21:15 </p>	<p>KURSRAUM 3 <b>HIGH – INTENSITY – CARDIO</b> 16:30 - 17:00 <b>RÜCKENTRAINING</b> 17:00 - 17:45 <b>YOGA</b> 18:00 - 20:00</p>	<p>KURSRAUM 3 <b>PILATES – BBP – TRAINING</b> 13:00 - 14:00 <b>FASZIEN – TRAINING</b> 14:00 - 14:30</p>	<p>KURSRAUM 3 <b>INDOOR – CYCLING</b> 17:30 - 18:30</p>
<p>KURSRAUM 2 <b>X-FIT – BEGINNER*</b> 16:30 - 17:30 <b>X-FIT – WEIGHTLIFTING*</b> 17:30 - 18:30 <b>X-FIT – FREE ATHLETICS*</b> 18:30 - 19:30 <b>HIGH – INTENSITY – TABATA</b> 19:30 - 20:00 <b>BODYFORMING</b> 20:00 - 21:00</p>	<p>KURSRAUM 2 <b>BODY – FITNESS &amp; PUMP</b> 16:30 - 17:30 <b>BAUCH – WORKOUT</b> 17:30 - 18:00 <b>X-FIT – BEGINNER*</b> 18:00 - 19:00 <b>THAI BO – FITNESS</b> 19:00 - 20:00 <b>X-FIT – ADVANCED*</b> 20:00 - 21:00</p>	<p>KURSRAUM 2 <b>HIGH – INTENSITY – PLYO</b> 17:00 - 17:30 <b>BAUCH – WORKOUT</b> 17:30 - 18:00 <b>TRX® – SLING FITNESS*</b> 18:00 - 19:00 <b>X-FIT – HANDSTAND &amp; ADVANCED SKILLS*</b> 19:00 - 20:00 <b>X-FIT – BEGINNER*</b> 20:00 - 21:00</p>	<p>KURSRAUM 2 <b>X-FIT – BEGINNER*</b> 17:00 - 18:00 <b>X-FIT – WEIGHTLIFTING*</b> 18:00 - 19:00 <b>TRX® – SLING FITNESS*</b> 19:00 - 20:00 <b>X-FIT – ADVANCED*</b> 20:00 - 21:00</p>	<p>KURSRAUM 2 <b>X-FIT – FREE ATHLETICS*</b> 17:00 - 18:00 <b>BODY – FITNESS &amp; PUMP</b> 18:00 - 19:00 <b>THAI BO – FITNESS</b> 19:00 - 20:00 <b>X-FIT – BEGINNER*</b> 20:00 – 21:00</p>	<p>KURSRAUM 2 <b>X-FIT – BEGINNER*</b> 16:00 - 17:00 <b>X-FIT – WEIGHTLIFTING*</b> 17:00 - 18:00</p>	<p>KURSRAUM 2 <b>X-FIT – BEGINNER*</b> 12:00 - 13:00 <b>X-FIT – FREE ATHLETICS*</b> 13:00 - 14:00 <b>ATHLETIC – TRAINING</b> 15:30 - 16:30 <b>BAUCH – WORKOUT</b> 16:30- 17:00 <b>FASZIEN – TRAINING</b> 17:00 - 17:30</p>
<p>KURSRAUM 1 <b>FITNESSBOXEN – BEGINNER</b> 17:00 - 18:00 <b>FITNESSBOXEN – ADVANCED</b> 18:00 – 19:00 <b>KICKBOXEN</b> 19:00 - 20:30</p>	<p>KURSRAUM 1 <b>BOXEN – KINDER</b> 17:00 - 18:00 <b>BOXEN – BEGINNER</b> 18:00 - 19:00 <b>BOXEN – ADVANCED</b> 19:00 - 20:30</p>	<p>KURSRAUM 1 <b>X-FIT – FREE ATHLETICS*</b> 18:00 - 19:00 <b>KICKBOXEN</b> 19:00 - 20:30</p>	<p>KURSRAUM 1 <b>BOXEN – KINDER</b> 17:00 - 18:00 <b>BOXEN – BEGINNER</b> 18:00 - 19:00 <b>BOXEN – ADVANCED</b> 19:00 - 20:30</p>	<p>KURSRAUM 1 <b>BAUCH – WORKOUT</b> 17:00 - 17:30 <b>FITNESSBOXEN</b> 17:30 - 18:30 <b>SPARRING</b> 18:30 - 19:00</p>	<p>KURSRAUM 1 <b>KICKBOXEN</b> 11:00 – 12:30 <b>FIGHT BACK</b> 16:00 – 17:00 <b>BOXEN</b> 17:00 – 18:00 <b>SPARRING</b> 18:00 – 18:30</p>	<p><b>NEUES MITGLIED WERBEN UND 1 GRATISMONAT ERHALTEN</b></p>