

**FITNESS
ACTION
SPASS**

KURSPLAN MAI 2019



NEU

FITNESSLOUNGE ERLANGEN

HOTLINE 09131 28882

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

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

Vierzigmannstraße 26a

91054 Erlangen

info@fitnesslounge-erlangen.de

www.fitnesslounge-erlangen.de

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<p>KURSRAUM 2 FIT & VITAL 09:30 - 10:30</p>	<p>2 X GRATIS PROBETRAINING</p>		<p>KURSRAUM 3 BAUCH – BEINE – PO 09:30 - 10:30 BODY & MIND 10:30 – 11:15</p>	<p>KURSRAUM 2 BODYFORMING 10:00 - 11:00</p>	<p>KURSRAUM 2 TRX® – SLING FITNESS* 10:00 - 11:00 FITNESS & BALANCE 11:00 - 12:00 HIGH – INTENSITY – TABATA 12:00 - 12:30 BAUCH – WORKOUT 12:30 - 13:00</p>	<p>KURSRAUM 3 INDOOR – CYCLING 10:30 - 11:45 </p>
<p>KURSRAUM 3 INDOOR – CYCLING EINSTEIGER 17:00 - 18:00 BODYFORMING – CARDIO 18:00 - 19:00 BAUCH – WORKOUT 19:00 - 19:30</p>	<p>KURSRAUM 3 STABILITY & STRENGTH 16:30 – 17:00 TOTAL – BODY – WORKOUT 17:00 - 18:00 BAUCH – BEINE – PO 18:00 - 19:00 RÜCKENTRAINING 19:00 - 20:00 INDOOR – CYCLING 20:00 - 21:15</p>	<p>KURSRAUM 3 TOTAL – BODY – WORKOUT ★ 18:00 - 19:00 ZUMBA 19:30 – 20:30 ZUMBA IN THE CIRCUIT 20:30 - 21:00</p>	<p>KURSRAUM 3 HIGH – INTENSITY – TABATA 17:00 - 17:30 BAUCH – WORKOUT 17:30 - 18:00 BODYFORMING 18:00 - 19:00 ZUMBA 19:00 - 20:00 INDOOR – CYCLING 20:00 - 21:15 </p>	<p>KURSRAUM 3 HIGH – INTENSITY – CARDIO 16:30 - 17:00 RÜCKENTRAINING 17:00 - 17:45 YOGA 18:00 - 20:00</p>	<p>KURSRAUM 3 BAUCH – BEINE – PO ★ 13:00 - 14:00 ab 11.5.2019</p>	<p>KURSRAUM 3 INDOOR – CYCLING 17:30 - 18:30</p>
<p>KURSRAUM 2 X-FIT – BEGINNER* 16:30 - 17:30 X-FIT – WEIGHTLIFTING* 17:30 - 18:30 X-FIT – FREE ATHLETICS* 18:30 - 19:30 HIGH – INTENSITY – TABATA 19:30 - 20:00 BODYFORMING 20:00 - 21:00</p>	<p>KURSRAUM 2 BODY – FITNESS & PUMP 16:30 - 17:30 BAUCH – WORKOUT 17:30 - 18:00 X-FIT – BEGINNER* 18:00 - 19:00 THAI BO – FITNESS 19:00 - 20:00 X-FIT – ADVANCED* 20:00 - 21:00</p>	<p>KURSRAUM 2 HIGH – INTENSITY – PLYO 17:00 - 17:30 BAUCH – WORKOUT 17:30 - 18:00 TRX® – SLING FITNESS* 18:00 - 19:00 X-FIT – HANDSTAND & ADVANCED SKILLS* 19:00 - 20:00 X-FIT – BEGINNER* 20:00 - 21:00</p>	<p>KURSRAUM 2 X-FIT – BEGINNER* 17:00 - 18:00 X-FIT – WEIGHTLIFTING* 18:00 - 19:00 TRX® – SLING FITNESS* 19:00 - 20:00 X-FIT – ADVANCED* 20:00 - 21:00</p>	<p>KURSRAUM 2 X-FIT – FREE ATHLETICS* 17:00 - 18:00 BODY – FITNESS & PUMP 18:00 - 19:00 ★ X-FIT – BEGINNER* 19:00 - 20:00</p>	<p>KURSRAUM 2 X-FIT – WEIGHTLIFTING* 09:00 - 10:00 KURSRAUM 1 / OUTDOOR X-FIT – BEGINNER* 10:00 - 11:00</p>	<p>KURSRAUM 2 X-FIT – BEGINNER* 12:00 - 13:00 X-FIT – FREE ATHLETICS* 13:00 - 14:00 ATHLETIC – TRAINING / KETTLEBELL 15:30 - 16:30 BAUCH – WORKOUT 16:30 - 17:00</p>
<p>KURSRAUM 1 FITNESSBOXEN – BEGINNER 17:00 - 18:00 FITNESSBOXEN – ADVANCED 18:00 – 19:00 KICKBOXEN 19:00 - 20:30</p>	<p>KURSRAUM 1 BOXEN – KINDER 17:00 - 18:00 BOXEN – BEGINNER 18:00 - 19:00 BOXEN – ADVANCED 19:00 - 20:30</p>	<p>KURSRAUM 1 X-FIT – FREE ATHLETICS* 18:00 - 19:00 KICKBOXEN 19:00 - 20:30</p>	<p>KURSRAUM 1 BOXEN – KINDER 17:00 - 18:00 BOXEN – BEGINNER 18:00 - 19:00 BOXEN – ADVANCED 19:00 - 20:30</p>	<p>KURSRAUM 1 BAUCH – WORKOUT 17:00 - 17:30 FITNESSBOXEN 17:30 - 18:30 SPARRING 18:30 - 19:00</p>	<p>KURSRAUM 1 KICKBOXEN 11:00 – 12:30 FIGHT BACK 16:00 – 17:00 BOXEN 17:00 – 18:00 SPARRING 18:00 – 18:30</p>	<p>FITNESS – ABO 49,90 € / Monat STUDENTEN – ABO 39,90€ / Monat Nach 6 Monaten - monatlich kündbar</p>