

FITNESS

SONNE

SPASS

KURSPLAN JUNI 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

FITNESSLOUNGE ERLANGEN

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

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 FIT & VITAL 09:30 - 10:30</p> <p>★ PILATES - BBP 10:30 – 11:15</p> | |  <p>SOMMER GLÜCK.</p> | <p>★ KURSRAUM 3 STEP - WORKOUT 09:30 - 10:30</p> <p>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</p> <p>FITNESS & BALANCE 11:00 - 12:00</p> <p>HIGH – INTENSITY – TABATA 12:00 - 12:30</p> <p>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</p> <p>BODYFORMING – CARDIO 18:00 - 19:00</p> <p>BAUCH – WORKOUT 19:00 - 19:30</p> | <p>KURSRAUM 3 STABILITY & STRENGTH 16:30 – 17:00</p> <p>TOTAL – BODY – WORKOUT 17:00 - 18:00</p> <p>BAUCH – BEINE – PO 18:00 - 19:00</p> <p>RÜCKENTRAINING 19:00 - 20:00</p> <p>INDOOR – CYCLING 20:00 - 21:15</p> | <p>KURSRAUM 3 TOTAL – BODY – WORKOUT 18:00 - 19:00</p> <p>ZUMBA 19:30 – 20:30</p> | <p>KURSRAUM 3 HIGH – INTENSITY – TABATA 17:00 - 17:30</p> <p>BAUCH – WORKOUT 17:30 - 18:00</p> <p>BODYFORMING 18:00 - 19:00</p> <p>ZUMBA 19:00 - 20:00</p> <p>INDOOR – CYCLING 20:00 - 21:15</p>  | <p>KURSRAUM 3 HIGH – INTENSITY – CARDIO 16:30 - 17:00</p> <p>★ PILATES 17:00 – 17:45</p> <p>YOGA 18:00 - 20:00</p> | <p>KURSRAUM 3 BAUCH – BEINE – PO 13:00 - 14:00</p> | <p>KURSRAUM 3 INDOOR – CYCLING 17:30 - 18:30</p> |
| <p>KURSRAUM 2 X-FIT – BEGINNER* 16:30 - 17:30</p> <p>X-FIT – WEIGHTLIFTING* 17:30 - 18:30</p> <p>X-FIT – FREE ATHLETICS* 18:30 - 19:30</p> <p>HIGH – INTENSITY – TABATA 19:30 - 20:00</p> <p>BODYFORMING 20:00 - 21:00</p> | <p>KURSRAUM 2 BODY – FITNESS & PUMP 16:30 - 17:30</p> <p>BAUCH – WORKOUT 17:30 - 18:00</p> <p>X-FIT – BEGINNER* 18:00 - 19:00</p> <p>THAI BO – FITNESS 19:00 - 20:00</p> <p>X-FIT – ADVANCED* 20:00 - 21:00</p> | <p>KURSRAUM 2 HIGH – INTENSITY – PLYO 17:00 - 17:30</p> <p>BAUCH – WORKOUT 17:30 - 18:00</p> <p>TRX® – SLING FITNESS* 18:00 - 19:00</p> <p>X-FIT – HANDSTAND & ADVANCED SKILLS* 19:00 - 20:00</p> <p>X-FIT – BEGINNER* 20:00 - 21:00</p> | <p>KURSRAUM 2 X-FIT – BEGINNER* 17:00 - 18:00</p> <p>X-FIT – WEIGHTLIFTING* 18:00 - 19:00</p> <p>TRX® – SLING FITNESS* 19:00 - 20:00</p> <p>X-FIT – ADVANCED* 20:00 - 21:00</p> | <p>KURSRAUM 2 X-FIT – FREE ATHLETICS* 17:00 - 18:00</p> <p>BODY – FITNESS & PUMP 18:00 - 19:00</p> <p>X-FIT – BEGINNER* 19:00 - 20:00</p> | <p>KURSRAUM 2 X-FIT – WEIGHTLIFTING* 09:00 - 10:00</p> <p>KURSRAUM 1 / OUTDOOR X-FIT – BEGINNER* 10:00 - 11:00</p> | <p>KURSRAUM 2 X-FIT – BEGINNER* 12:00 - 13:00</p> <p>X-FIT – FREE ATHLETICS* 13:00 - 14:00</p> <p>★ KETTLEBELL – BEGINNERS WORKOUT 15:30 - 16:30</p> <p>BAUCH – WORKOUT 16:30 - 17:00</p> |
| <p>KURSRAUM 1 FITNESSBOXEN – BEGINNER 17:00 - 18:00</p> <p>FITNESSBOXEN – ADVANCED 18:00 – 19:00</p> <p>KICKBOXEN 19:00 - 20:30</p> | <p>KURSRAUM 1 BOXEN – KINDER 17:00 - 18:00</p> <p>BOXEN – BEGINNER 18:00 - 19:00</p> <p>BOXEN – ADVANCED 19:00 - 20:30</p> | <p>KURSRAUM 1 X-FIT – FREE ATHLETICS* 18:00 - 19:00</p> <p>KICKBOXEN 19:00 - 20:30</p> | <p>KURSRAUM 1 BOXEN – KINDER 17:00 - 18:00</p> <p>BOXEN – BEGINNER 18:00 - 19:00</p> <p>BOXEN – ADVANCED 19:00 - 20:30</p> | <p>KURSRAUM 1 BAUCH – WORKOUT 17:00 - 17:30</p> <p>FITNESSBOXEN 17:30 - 18:30</p> <p>SPARRING 18:30 - 19:00</p> | <p>KURSRAUM 1 KICKBOXEN 11:00 – 12:30</p> <p>FIGHT BACK 16:00 – 17:00</p> <p>BOXEN 17:00 – 18:00</p> <p>SPARRING 18:00 – 18:30</p> | <p>FITNESS – ABO 29,90 € / Monat Laufzeit: 3 Monate</p> |