

**READY
STUDY
GO!**

KURSPLAN SEPTEMBER 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

FITNESSLOUNGE ERLANGEN

Kinderbetreuung: 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
KURSRAUM 2 / 3 FIT & VITAL 09:30 - 10:30 PILATES - BBP 10:30 – 11:15			KURSRAUM 3 STEP - WORKOUT 09:30 - 10:30 BODY & MIND 10:30 – 11:15	KURSRAUM 3 BODYFORMING 10:00 - 11:00	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	KURSRAUM 3 INDOOR – CYCLING 10:30 - 11:45 
KURSRAUM 3 INDOOR – CYCLING EINSTEIGER 17:00 - 18:00 BODYFORMING – CARDIO 18:00 - 19:00 BAUCH – WORKOUT 19:00 - 19:30	KURSRAUM 3 STABILITÄTSTRAINING 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 Sommerpause	KURSRAUM 3 TOTAL – BODY – WORKOUT 18:00 - 19:00 ZUMBA 19:30 - 20:30	KURSRAUM 3 HIGH – INTENSITY – TABATA 17:00 - 17:30 BAUCH – WORKOUT 17:30 - 18:00 BODYFORMING 18:00 - 19:00 ZUMBA ab 19.9. 19:00 - 20:00	KURSRAUM 3 HIGH – INTENSITY – CARDIO 16:30 - 17:00 PILATES 17:00 – 17:45 YOGA 18:00 - 20:00		KURSRAUM 3 INDOOR – CYCLING Sommerpause
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	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	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	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	KURSRAUM 2 X-FIT – FREE ATHLETICS* 17:00 - 18:00 BODY – FITNESS & PUMP 18:00 - 19:00 X-FIT – BEGINNER* 19:00 - 20:00	KURSRAUM 2 X-FIT – WEIGHTLIFTING* 09:00 - 10:00 KURSRAUM 1 / OUTDOOR X-FIT – BEGINNER* 10:00 - 11:00	KURSRAUM 2 X-FIT – BEGINNER* 12:00 - 13:00 X-FIT – FREE ATHLETICS* 13:00 - 14:00 KETTLEBELL – BEGINNERS WORKOUT 15:30 - 16:30 BAUCH – WORKOUT 16:30 - 17:00
KURSRAUM 1 FITNESSBOXEN – BEGINNER 17:00 - 18:00 FITNESSBOXEN – ADVANCED 18:00 – 19:00 KICKBOXEN 19:00 - 20:30	KURSRAUM 1 BOXEN – KINDER 17:00 - 18:00 BOXEN – BEGINNER 18:00 - 19:00 BOXEN – ADVANCED 19:00 - 20:30	KURSRAUM 1 X-FIT – FREE ATHLETICS* 18:00 - 19:00 KICKBOXEN 19:00 - 20:30	KURSRAUM 1 BOXEN – KINDER 17:00 - 18:00 BOXEN – BEGINNER 18:00 - 19:00 BOXEN – ADVANCED 19:00 - 20:30	KURSRAUM 1 BAUCH – WORKOUT 17:00 - 17:30 FITNESSBOXEN 17:30 - 18:30 SPARRING 18:30 - 19:00	KURSRAUM 1 KICKBOXEN 11:00 – 12:30 FIGHT BACK 16:00 – 17:00 BOXEN 17:00 – 18:00 SPARRING 18:00 – 18:30	<p>Studenten-ABO</p> <p>mtl. 29,90 €</p> <p>1. Monat gratis</p>