

**FITNESS
FÜR
ALLE**

KURSPLAN DEZEMBER 2018



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
KURSRAUM 2 FIT & VITAL 09:30 - 10:30	KURSRAUM 3 PILATES – CORE TRAINING 10:15 - 11:15 FASZIEN – TRAINING 11:15 - 11:45		KURSRAUM 3 BAUCH – BEINE – PO 09:30 - 10:30 BODY & MIND ★ 10:30 – 11:15	KURSRAUM 2 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 RÜCKEN & CORE - TRAINING 17:00 - 18:00 BODYFORMING – CARDIO 18:00 - 19:00 BAUCH – WORKOUT 19:00 - 19:30 DANCE – FITNESS 19:30 – 20:30	KURSRAUM 3 STABILITY & STRENGTH 16:30 - 17:00 BAUCH – BEINE – PO 18:00 - 19:00 RÜCKENTRAINING 19:00 - 20:00 INDOOR – CYCLING 20:00 - 21:15 FASZIEN – TRAINING 21:15 - 22:00	KURSRAUM 3 PILATES – RÜCKEN & CORE 17:00 - 18:00 YOGA 18:00 - 19:30 ZUMBA 19:30 – 20:30 ZUMBA – CIRCUIT 20:30 - 21:00	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 	KURSRAUM 3 HIGH – INTENSITY – CARDIO 16:30 - 17:00 RÜCKENTRAINING 17:00 - 17:45 YOGA 18:00 - 20:00	KURSRAUM 3 PILATES – POWER WORKOUT 13:00 - 14:00 FASZIEN – TRAINING 14:00 - 14:30	KURSRAUM 3 INDOOR – CYCLING 17:00 - 18:00
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 – ADVANCED* 18:00 - 19:00 TRX® – SLING FITNESS* 19:00 - 20:00 X-FIT – WEIGHTLIFTING* 20:00 - 21:00	KURSRAUM 2 X-FIT – FREE ATHLETICS* 17:00 - 18:00 BODY – FITNESS & PUMP 18:00 - 19:00 THAI BO – FITNESS 19:00 - 20:00	KURSRAUM 2 X-FIT – BEGINNER* 16:00 - 17:00 X-FIT – WEIGHTLIFTING* 17:00 - 18:00	KURSRAUM 2 X-FIT – BEGINNER* 12:00 - 13:00 X-FIT – FREE ATHLETICS* 13:00 - 14:00 ATHLETIC – TRAINING 15:00 - 16:00 BAUCH – WORKOUT 16:00 - 16:30 FASZIEN – TRAINING 16:30 - 17:00
KURSRAUM 1 FITNESS – BOXEN 17:30 - 19:00 KICKBOXEN 19:00 - 20:30	KURSRAUM 1 BOXEN – KINDER 17:00 - 18:00 BOXEN – BEGINNER 18:00 - 19:00 BOXEN 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 19:00 - 20:30	KURSRAUM 1 BAUCH – WORKOUT 17:00 - 17:30 FITNESS – BOXEN 17:30 - 18:30 SPARRING 18:30 - 19:00	★ KURSRAUM 1 KICKBOXEN 11:00 – 12:30	FITNESS FÜR ALLE! WIR SCHENKEN DIR DEN 1. MONAT ★