

KURSPLAN MERKUR GYM

GROUP FITNESS

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
VORMITTAGS	Functional Workout 07:30 - 08:30 Functional	Morning Yoga Flow 07:00 - 07:45 Floor 2	Functional Workout 07:30 - 08:30 Functional	Bodyweight Training 07:30 - 08:30 Floor 1	Functional Workout 08:00 - 09:00 Functional	Functional Workout 09:00 - 10:00 Functional	Functional Workout 09:30 - 10:30 Functional
	Mobility by Medletics 08:00 - 09:00 Floor 1		BALLance 09:00 - 10:00 Floor 2		BALLance 10:00 - 11:00 Floor 2		
NACHMITTAGS & ABENDS	Core 16:00 - 16:30 Floor 2	Bodystyling 17:00 - 18:00 Floor 1	Konga 16:30 - 17:30 Floor 1	Core 16:30 - 17:00 Floor 2	Functional Workout 16:00 - 17:00 Functional	Functional Workout 17:30 - 18:30 Functional	Total Body Workout 17:00 - 18:00 Floor 1
	Konga 16:30 - 17:30 Floor 1	Hatha Yoga 17:00 - 18:00 Floor 2	BALLance 17:00 - 18:00 Floor 2	LesMills BODYPUMP 17:00 - 18:15 Floor 1	LesMills BODYPUMP 17:00 - 18:15 Floor 1		Indoor Cycling 18:00 - 19:00 Cycling
	Pilates 17:00 - 18:00 Floor 2	Functional Workout 18:00 - 19:00 Functional	Hatha Yoga 17:30 - 18:30 Floor 1	Vinyasa Yoga 17:15 - 18:15 Floor 2	Bodyweight Training 17:30 - 18:30 Floor 2		Functional Workout 18:00 - 19:00 Functional
	LesMills TONE 17:30 - 18:30 Floor 1	Body Art 18:00 - 19:00 Floor 2	Functional Workout 17:30 - 18:30 Functional	Functional Workout 18:00 - 19:00 Functional			LesMills BODYBALANCE 18:00 - 19:15 Floor 2
	Functional Workout 17:30 - 18:30 Functional	LesMills BODYPUMP 18:00 - 19:15 Floor 1	LesMills BODYBALANCE 18:00 - 19:15 Floor 2	Zumba 18:15 - 19:15 Floor 1			
	Hatha Yoga 18:00 - 19:00 Floor 2	Core 19:00 - 19:30 Floor 2	Piloxing 18:30 - 19:30 Floor 1	LesMills BODYBALANCE 18:30 - 19:45 Floor 2			
	Indoor Cycling 18:30 - 19:30 Cycling	LesMills TONE 19:15 - 20:15 Floor 1	LesMills RPM (virtuell) 19:00 - 19:50 Cycling	Piloxing 19:15 - 20:15 Floor 1			
	LesMills BODYPUMP 18:30 - 19:45 Floor 1		HIIT Workout 19:30 - 20:30 Floor 1				

- | Dance
- | Functional
- | Power
- | Bodyforming
- | Balance
- | Health
- | Cycling
- | Yoga
- M Medletics

*Termine bitte in der MySports App checken!