GROUP FITNESS PLAN

gültig ab 19.10.2020

MONTAG

09.30 - 10.15	LesMills BODYPUMP 45
10.30 - 11.00	LesMills CXWORX 30
10.00 - 12.15	RÜCKENFIT 60 (2 Kurse)
17.00 - 17.45	Platinum Transform 45
17.45 - 18.15	M4L 30
18.00 - 19.45	Aqua Fit 45 (2 Kurse)
19.15 - 20.15	LesMills BODYPUMP 60
18.30 - 20.45	Platinum Yoga 60 (2 Kurse)
20.30 - 21.00	LesMills CXWORX 30
21.00 - 21.30	M4L 30

DIENSTAG

09.30 - 10.15	Aqua Fit 45
10.30 - 11.00	M4L 30
17.15 - 18.00	Aqua Fit 45
18.00 - 18.45	LesMills THE TRIP
18.10 - 18.40	M4L 30
18.30 - 19.45	Platinum Yoga 75
18.45 - 19.30	LesMills BODYCOMBAT 45
19.00 - 19.45	Aqua Fit 45
19.50 - 20.20	LesMills BODYPUMP 30
20.25 - 21.10	LesMills BODYBALANCE 45

MITTWOCH

06.15 - 07.00	LesMills BODYPUMP 45
07.15 - 07.45	LesMills CXWORX 30 Virtuell
09.15 - 10.15	Platinum Yoga 60 Orthopädisch
10.30 - 11.30	RÜCKENFIT 60
17.30 - 18.00	TRX 30
18.15 - 19.15	Platinum Dance Workout 60
19.00 - 19.45	LesMills THE TRIP
19.30 - 20.00	LesMills CXWORX 30
19.30 - 20.15	RÜCKENFIT 45 Orthopädisch

DONNERSTAG

09.30 - 10.15	Aqua Fit 45
10.30 - 11.15	LesMills BODYBALANCE 45
17.15 - 18.00	RÜCKENFIT 45
18.15 - 19.00	Aqua Fit 45
18.30 - 19.15	Aqua Fit 45
18.15 - 19.15	Platinum Yoga 60 Orthopädisch
19.15 - 20.15	LesMills BODYPUMP 60
19.30 - 20.15	LesMills BODYCOMBAT 45
20.20 - 20.50	LesMills CXWORX 30
20.55 - 21.25	M4L 30 Faszien

FREITAG

06.15 - 07.00	Platinum Transform 45
09.15 - 10.00	LesMills BODYPUMP 45
10.15 - 10.45	LesMills CXWORX 30
11.00 - 11.30	M4L 30
15.00 - 16.00	Platinum Kids 60
16.00 - 17.00	Platinum Kids 60 Teens
18.15 - 19.00	LesMills BODYPUMP 45
18.15 - 19.00	Aqua Fit 45
19.10 - 19.40	LesMills CXWORX 30
19.15 - 20.00	LesMills THE TRIP
19.45 - 20.30	LesMills BODYBALANCE 45

SAMSTAG

09.15 - 10.00	Aqua Fit 45
09.30 - 11.45	Platinum Yoga 60 (2 Kurse)
10.15 - 11.00	LesMills THE TRIP
11.15 - 11.45	LesMills BODYPUMP 30
11.45 - 12.15	LesMills CXWORX 30
15.00 - 15.45	LesMills BODYBALANCE 45 Virtuell
16.00 - 16.30	LesMills CXWORX 30 Virtuell

SONNTAG

09.30 - 10.15	Platinum Transform 45
09.30 - 10.15	Aqua Fit 45
10.30 - 11.15	LesMills THE TRIP
10.30 - 11.00	M4L 30
10.30 - 11.15	LesMills BODYPUMP 45
11.20 - 11.50	M4L 30
15.00 - 15.30	LesMills CXWORX 30 Virtuell
15.45 - 16.30	LesMills BODYBALANCE 45 Virtuell

Kursplatzreservierung:

www.easytermin.eu/platinumsports oder
Tel.06081 - 4433123

PLATINUM SPORT UND WELLNESS

Unsere Öffnungszeiten:

Mo, Mi, Fr	06.00 Uhr - 22.00 Uhr
Di, Do	08.00 Uhr - 22.00 Uhr
Sa, So	09.00 Uhr - 17.00 Uhr