





























# GROUP FITNESS PLAN

gültig ab 19.10.2020

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 - 10.15 10.30 11.00 10.00 12.15	09.30 - 10.15 10.30 11.00	06.15 - 07.00 07.15 07.45 09.15 - 10.15 10.30 11.30	09.30 - 10.30 11.15	06.15 - 07.00 09.15 10.00 10.15 10.45 11.00 11.30	09.15 - 10.00 09.30 11.45 10.15 11.00 11.15 11.45 12.15 15.00 15.45 16.00 16.30	09.30 - 10.15 09.30 10.15 10.30 11.00 11.15 11.00 10.30 11.15 11.20 11.50 15.00 15.30 15.45 16.30
LES MILLS <b>BODYPUMP</b> 45	 45	LES MILLS <b>BODYPUMP</b> 45	 45	 45	 45	 45
LES MILLS <b>CXWORX</b> 30	<b>M41</b> 30	LES MILLS <b>CXWORX</b> 30	LES MILLS <b>BODYBALANCE</b> 45	LES MILLS <b>BODYPUMP</b> 45	 60 (2 Kurse)	 45
 60 (2 Kurse)		Virtuell		LES MILLS <b>CXWORX</b> 30	 60 <b>THE TRIP</b>	 60 <b>THE TRIP</b>
	17.15 - 18.00	10.30 - 11.30	17.15 - 18.00	11.00 - 11.30	11.15 - 11.45	10.30 - 11.00
	 45	 60	 45	<b>M41</b> 30	LES MILLS <b>BODYPUMP</b> 30	<b>M41</b> 30
17.00 - 17.45 17.45 18.15	18.00 - 18.45 18.10 18.40	17.30 - 18.00	18.15 - 19.00	15.00 - 16.00	11.45 - 12.15	11.00 - 11.15
 45 <small>(PLATINUMSPORTS TRAININGZENTRUM)</small>	 45 <b>THE TRIP</b>	<b>TRX</b> 30	 45	<b>KIDS</b> 60	LES MILLS <b>CXWORX</b> 30	LES MILLS <b>BODYPUMP</b> 45
<b>M41</b> 30	<b>M41</b> 30	18.15 - 18.45	 45	<b>KIDS</b> 60	Virtuell	<b>M41</b> 30
 45 (2 Kurse)	18.30 - 19.45	18.15 - 19.15	18.15 - 19.15	16.00 - 17.00	15.00 - 15.45	11.20 - 11.50
	 75	 60	 60	Teens	Virtuell	<b>M41</b> 30
LES MILLS <b>BODYPUMP</b> 60	18.45 - 19.30	19.00 - 19.45	19.15 - 20.15	18.15 - 19.00	16.00 - 16.30	15.00 - 15.30
	LES MILLS <b>BODYCOMBAT</b> 45	 60 <b>THE TRIP</b>	19.15 - 20.15	LES MILLS <b>BODYPUMP</b> 45	LES MILLS <b>CXWORX</b> 30	Virtuell
18.30 - 20.45	19.00 - 19.45	19.30 - 20.00	19.30 - 20.15	18.15 - 19.00	16.00 - 16.30	15.00 - 15.30
 60 (2 Kurse)	 45	LES MILLS <b>CXWORX</b> 30	LES MILLS <b>BODYCOMBAT</b> 45	 45	LES MILLS <b>CXWORX</b> 30	LES MILLS <b>CXWORX</b> 30
20.30 - 21.00	19.50 - 20.20	19.30 - 20.15	20.20 - 20.55	19.10 - 19.40	16.30 - 17.00	15.30 - 15.45
LES MILLS <b>CXWORX</b> 30	LES MILLS <b>BODYPUMP</b> 30	 45 Orthopädisch	LES MILLS <b>CXWORX</b> 30	LES MILLS <b>CXWORX</b> 30	Virtuell	LES MILLS <b>BODYBALANCE</b> 45
21.00 - 21.30	20.00 - 20.45		<b>M41</b> 30 Faszien	19.15 - 20.00		Virtuell
<b>M41</b> 30	 45 <b>THE TRIP</b>			 45 <b>THE TRIP</b>		
	20.25 - 21.10			19.45 - 20.30		
	LES MILLS <b>BODYBALANCE</b> 45			LES MILLS <b>BODYBALANCE</b> 45		

Kursplatzreservierung:

[www.easytermin.eu/platinumsports](http://www.easytermin.eu/platinumsports) oder  
Tel.06081 - 4433123

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SPORT UND WELLNESS

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