


































































GROUP FITNESS PLAN

gültig ab 01.04.2021

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
06.15 - 07.15 (PLATINUM TRANSFORM)  60	09.15 - 10.00  45	06.15 - 07.00 PLATINUM  45 BARBELL	09.30 - 10.15  45	06.15 - 07.00 PLATINUM  45 RAPID FIRE STRENGTH FIRE	09.15 - 10.00  45	09.30 - 10.15 (PLATINUM TRANSFORM)  45
09.00 - 09.45 PLATINUM  45 BARBELL	10.10 - 10.40 PLATINUM  30 CORE	10.30 - 11.30  60 RÜCKENFIT	10.30 - 11.15 PLATINUM  45 BODY IN BALANCE	09.45 - 10.15 PLATINUM  45 BARBELL	10.15 - 10.45 PLATINUM  30 CORE	09.30 - 10.20  60
10.00 - 10.30 PLATINUM  30 CORE	11.00 - 11.30  30 M4P			10.20 - 10.50 PLATINUM  30 CORE	10.30 - 11.45 PLATINUM  75 CORE	10.20 - 11.05 PLATINUM  45 BARBELL
10.45 - 11.30  45 RÜCKENFIT			17.00 - 18.00  60 (PLATINUM TRANSFORM)	11.00 - 11.30  30 M4P	10.55 - 11.55  60 (PLATINUM TRANSFORM)	10.25 - 10.55  30 M4P
17.20 - 17.50  30 M4P	17.15 - 17.45  30 M4P	17.30 - 18.00  30 TRX	17.30 - 18.15  45 RÜCKENFIT	18.00 - 18.45  45		10.45 - 11.30 PLATINUM  45 THE JOURNEY
17.55 - 18.55 (PLATINUM TRANSFORM)  60	18.00 - 18.45  45	18.10 - 18.55  45	17.55 - 18.40  45	18.45 - 19.30  45		11.10 - 11.40  30 M4P
18.00 - 19.00  60	18.00 - 19.00  60	18.15 - 19.00  60	18.15 - 19.00  45	18.45 - 19.30  45		12.30 - 13.30  60
18.30 - 19.45  75 CORE	18.30 - 19.45  75 CORE	19.00 - 19.15  60	18.30 - 19.30  60	19.00 - 19.30 PLATINUM  30 CORE		
19.00 - 19.45  45	19.00 - 19.45 PLATINUM  45 RAPID BOX FIRE	20.15 - 20.15 (PLATINUM TRANSFORM)  60	19.10 - 19.55 PLATINUM  45 BARBELL	19.00 - 19.45 PLATINUM  45 THE JOURNEY		
19.00 - 19.45 PLATINUM  45 BARBELL	19.00 - 19.45  45	19.15 - 20.00  45 Orthopädisch	19.35 - 20.20 PLATINUM  45 THE JOURNEY	19.35 - 20.20 PLATINUM  45 BODY IN BALANCE		
19.50 - 20.20 PLATINUM  30 CORE	19.50 - 20.35 PLATINUM  45 THE JOURNEY		20.00 - 20.30 PLATINUM  30 CORE			
20.15 - 21.00 PLATINUM  45 THE JOURNEY	20.00 - 20.45 PLATINUM  45 BODY IN BALANCE		20.40 - 21.20  30 Faszien			
20.30 - 21.00  30 M4P	20.00 - 21.00  60 (PLATINUM TRANSFORM)					

Kursplatzreservierung:

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



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