

# GROUP FITNESS PLAN

gültig ab 01.04.2021

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
06.15 - 07.15 (PLATINUM TRANSFORM)	09.15 - 10.00 PLATINUM THE JOURNEY	06.15 - 07.00 PLATINUM 45 <b>BARBELL</b>	09.15 - 10.00 PLATINUM 45	09.00 - 09.45 PLATINUM 45 <b>BARBELL</b>	09.15 - 10.00 PLATINUM 45	09.20 - 10.20 (PLATINUM TRANSFORM)
09.20 - 09.50 PLATINUM 30 <b>BARBELL</b>	10.15 - 10.45 M4P 30	07.30 - 08.15 PLATINUM 45 <b>BARBELL</b> Virtual	10.15 - 11.15 PLATINUM 60 <b>BODY IN BALANCE</b>	10.00 - 10.30 M4P 30	09.30 - 10.30 PLATINUM 60 <b>TORSI</b>	09.30 - 10.25 PLATINUM 60 <b>RIDE</b>
10.00 - 10.30 PLATINUM 30 <b>CORE</b>		10.30 - 11.30 RÜCKENFIT 60			10.15 - 10.45 PLATINUM 30 <b>CORE</b>	10.30 - 11.00 M4P 30
10.40 - 11.40 RÜCKENFIT 60	18.00 - 18.45 PLATINUM 45		17.00 - 18.00 PLATINUM 60 (PLATINUM TRANSFORM)	18.00 - 18.45 PLATINUM 45 <b>BARBELL</b>	10.40 - 11.40 PLATINUM 60 <b>TORSI</b>	10.30 - 11.15 PLATINUM THE JOURNEY
17.50 - 18.20 M4P 30	18.00 - 19.00 RIDE 60	17.30 - 18.00 <b>TRX</b> 30	17.30 - 18.15 RÜCKENFIT 45	18.15 - 19.00 RAPID STRENGTH FIRE 45	11.00 - 12.00 PLATINUM 60 (PLATINUM TRANSFORM)	10.45 - 11.30 PLATINUM 45 <b>BARBELL</b>
18.00 - 19.00 RIDE 60	18.30 - 19.45 PLATINUM 75 <b>TORSI</b>	18.10 - 18.55 PLATINUM 45	18.15 - 19.00 PLATINUM 45	18.50 - 19.20 PLATINUM 30 <b>CORE</b>	11.55 - 12.55 PLATINUM 60 <b>TORSI</b> Virtuell	11.30 - 11.45 PLATINUM 60
18.15 - 19.15 PLATINUM 60 (PLATINUM TRANSFORM)	19.00 - 19.45 PLATINUM 45 <b>RAPID BOX FIRE</b>	18.30 - 19.30 PLATINUM 60 <b>TRX</b>	18.15 - 19.00 PLATINUM 45	19.00 - 19.45 RIDE 60		11.45 - 12.45 PLATINUM 60 (PLATINUM TRANSFORM)
18.30 - 19.30 PLATINUM 60 <b>TORSI</b>	19.00 - 19.45 PLATINUM 45	19.30 - 19.30 PLATINUM 60	18.30 - 19.30 RIDE 60	19.30 - 20.15 PLATINUM 45 <b>BODY IN BALANCE</b>		
19.00 - 19.45 PLATINUM 45	19.50 - 20.35 PLATINUM THE JOURNEY	19.30 - 20.15 RÜCKENFIT 45 Orthopädisch	19.10 - 19.55 PLATINUM 45 <b>BARBELL</b>			
19.10 - 20.10 RIDE 60	19.50 - 20.35 PLATINUM 45 <b>BODY IN BALANCE</b>	20.15 - 21.15 PLATINUM 60 (PLATINUM TRANSFORM)	19.35 - 20.20 PLATINUM THE JOURNEY			
19.20 - 20.05 PLATINUM 45 <b>BARBELL</b>	20.00 - 21.00 PLATINUM 60		19.35 - 20.20 PLATINUM THE JOURNEY			
19.40 - 20.40 PLATINUM 60 <b>TORSI</b>			20.10 - 20.40 PLATINUM 30 <b>CORE</b>			
20.10 - 20.40 PLATINUM 30 <b>CORE</b>			20.45 - 21.15 M4P 30 Faszien			

Kursplatzreservierung:

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

**PLATINUM**  
SPORT UND WELLNESS

Unsere Öffnungszeiten:

Mo, Mi	06.00 Uhr - 22.00 Uhr
Di, Do	08.00 Uhr - 22.00 Uhr
Fr	06.00 Uhr - 21.00 Uhr
Sa	09.00 Uhr - 13.00 Uhr
So	09.00 Uhr - 17.00 Uhr