FITNESS FACTORY
CREATE YOURSELF
ALSDORF

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AKTUELLER KURSPLAN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
06.00	LesMills BODYPUMP 45	LesMills CORE 30	LesMills BODYPUMP 30	LesMills THE TRIP 45	LesMills BODYPUMP 60	SA	SO
06.30	MO	LesMills THE TRIP 45	LesMills BODYBALANCE 60	DO	FR	SA	SO
06.45	LesMills BODYBALANCE 45	DI	MI	LesMills CORE 30	FR	SA	SO
07.00	MO	DI	MI	DO	LesMills BODYBALANCE 30	SA	SO
08.30	LesMills BODYPUMP 45	LesMills BODYBALANCE 45	LesMills CORE 30	LesMills BODYPUMP 45	LesMills CORE 30	SA	SO
09.00	MO	DI	LesMills BODYATTACK 30	DO	LesMills BODYBALANCE 30	LesMills THE TRIP 45	LesMills THE TRIP 45
09.15	MO	DI	MI	LesMills Shapes 30	FR	SA	SO
09.30	LesMills THE TRIP 45	LesMills BODYPUMP 45	LesMills THE TRIP 45	DO	FR	SA	SO
09.45	MO	DI	MI	LesMills yoga 30	FR	SA	SO
10.00	MO	DI	MI	DO	LesMills RPM 60	SA	SO
10.15	LesMills BODYBALANCE 30	LesMills THE TRIP 45	LesMills BODYBALANCE 30	LesMills BODYBALANCE 60	FR	LesMills Shapes 45	LesMills BODYPUMP 60
11.15	MO	DI	MI	DO	FR	SA	LesMills BODYBALANCE 60
14.30	LesMills CORE 30	LesMills THE TRIP 45	LesMills BODYPUMP 30	LesMills CORE 30	LesMills BODYPUMP 60	LesMills GRIT™ | STRENGTH 30	LesMills CORE 30
15.00	MO	DI	LesMills THE TRIP 45	DO	FR	LesMills BODYBALANCE 30	LesMills GRIT™ | CARDIO 30
16.30	LesMills BODYPUMP 45	DI	LesMills CORE 30	LesMills RPM 30	LesMills CORE 30	SA	SO
17.00	MO	LesMills RPM 45	MI	DO	FR	SA	SO
17.15	LesMills BODYBALANCE 45	DI	LesMills BODYPUMP HEAVY 45	DO	LesMills LMI STEP 60	SA	SO
17.30	MO	DI	MI	LesMills BODYPUMP HEAVY 30	FR	SA	SO
17.45	MO	LesMills Shapes 45	MI	DO	FR	SA	SO
18.00	LesMills BODYATTACK 60	DI	LesMills BODYATTACK 30	LesMills BODYCOMBAT 45	FR	LesMills THE TRIP 45	LesMills THE TRIP 45
18.15	MO	DI	MI	DO	LesMills Shapes 30	SA	SO
18.30	MO	LesMills BODYJAM 30	LesMills BODYCOMBAT 45	DO	FR	SA	SO
18.45	MO	DI	MI	LesMills Shapes 45	LesMills BODYBALANCE 60	SA	SO
19.00	LesMills sprint 30	LesMills BODYPUMP 45	MI	DO	FR	SA	SO
19.15	MO	DI	LesMills BODYBALANCE 60	DO	FR	SA	SO
19.30	LesMills BODYCOMBAT 45	DI	MI	LesMills DANCE 45	FR	SA	SO
19.45	MO	LesMills yoga 60	MI	DO	FR	SA	SO
20.30	LesMills THE TRIP 45	DI	LesMills THE TRIP 45	LesMills BODYATTACK 45	LesMills THE TRIP 45	SA	SO

Kurse mit diesem Zusatzlogo finden virtuell statt!

30 , 45 , 60

Entscheide selbst wie schnell du trainierst: Kurse laufen 30, 45 und 60 Min.

KURSBESCHREIBUNG

LesMills BODYPUMP	Langhantel Krafttraining
LesMills BODYATTACK	Cardio-Sport Workout
LesMills LMI STEP	Booty Workout mit Step
LesMills RPM	Indoor Cycling Workout
LesMills BODYBALANCE	Yoga & Stretch & Entspannung
LesMills CORE	Six-Pack Workout
LesMills BODYPUMP HEAVY	Intensives Krafttraining
LesMills BODYJAM	Dance Workout mit Club Sounds
LesMills DANCE	Energiegeladenes Dance Workout
LesMills BODYCOMBAT	Mixed Martial Arts Workout
LesMills sprint	HIIT Workout auf dem Bike
LesMills THE TRIP	Immersives Workout auf dem Bike
LesMills GRIT™ | CARDIO	HIIT Workout mit Fokus auf Ausdauer
LesMills GRIT™ | STRENGTH	HIIT Workout mit Gewichten
LesMills Shapes	Ganzkörper-Workout (Pilates & Power Yoga)
LesMills yoga	Basiert auf traditionellen Übungen und stärkt dich ganzheitlich körperlich und mental