

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<p> LES MILLS BODYPUMP 7:30AM - 8:30AM</p> <p> LES MILLS BODYPUMP 8:40AM - 9:10AM</p> <p> LES MILLS BODYCOMBAT 9:15AM - 9:45AM</p> <p> LES MILLS BODYCOMBAT 11:10AM - 11:40AM</p> <p> LES MILLS BODYBALANCE 11:50AM - 12:35PM</p> <p> LES MILLS BODYCOMBAT 2:15PM - 3:15PM</p> <p> LES MILLS SH'BAM 3:30PM - 4:15PM</p> <p> LES MILLS BODYPUMP 5:30PM - 6:30PM</p> <p>LES MILLS BODYSTEP ATHLETIC 6:40PM - 7:25PM</p> <p>LES MILLS BODYBALANCE 7:30PM - 8:30PM</p> <p> LES MILLS SH'BAM 8:35PM - 9:20PM</p>	<p>LES MILLS BODYSTEP CLASSIC 7:30AM - 8:30AM</p> <p> LES MILLS BODYBALANCE 8:35AM - 9:20AM</p> <p> LES MILLS BODYCOMBAT 9:25AM - 10:25AM</p> <p> LES MILLS BODYPUMP 10:30AM - 11:30AM</p> <p> LES MILLS BODYCOMBAT 11:40AM - 12:40PM</p> <p>LES MILLS CORE 12:55PM - 1:25PM</p> <p> LES MILLS BODYPUMP 1:30PM - 2:00PM</p> <p> LES MILLS BODYBALANCE 2:00PM - 2:30PM</p> <p> LES MILLS SH'BAM 2:35PM - 3:20PM</p> <p> LES MILLS BODYCOMBAT 3:30PM - 4:30PM</p> <p>LES MILLS CORE 5:00PM - 5:30PM</p> <p>LES MILLS BODYSTEP CLASSIC 5:35PM - 6:35PM</p> <p>LES MILLS CORE 6:40PM - 7:10PM</p> <p> LES MILLS BODYPUMP 7:25PM - 8:25PM</p> <p> LES MILLS BODYBALANCE 8:35PM - 9:35PM</p>	<p> LES MILLS BODYPUMP 7:30AM - 8:30AM</p> <p> LES MILLS SH'BAM 8:35AM - 9:20AM</p> <p> LES MILLS BODYBALANCE 9:30AM - 10:30AM</p> <p>LES MILLS CORE 10:30AM - 11:00AM</p> <p> LES MILLS BODYBALANCE 11:05AM - 12:05PM</p> <p> LES MILLS BODYPUMP 12:10PM - 12:55PM</p> <p> LES MILLS BODYPUMP 1:00PM - 2:00PM</p> <p> LES MILLS BODYBALANCE 2:05PM - 3:05PM</p> <p> LES MILLS BODYBALANCE 5:00PM - 6:00PM</p> <p>LES MILLS BODYSTEP CLASSIC 6:30PM - 7:00PM</p> <p>LES MILLS CORE 7:10PM - 7:40PM</p> <p> LES MILLS BODYPUMP 7:45PM - 8:45PM</p> <p> LES MILLS BODYBALANCE 8:55PM - 9:55PM</p>	<p> LES MILLS BODYBALANCE 4:30PM - 5:30PM</p> <p> LES MILLS BODYPUMP 5:30PM - 6:30PM</p> <p> LES MILLS SH'BAM 6:35PM - 7:20PM</p> <p> LES MILLS BODYCOMBAT 7:25PM - 8:10PM</p> <p>LES MILLS CORE 8:15PM - 9:00PM</p> <p>LES MILLS BODYATTACK 9:05PM - 9:35PM</p>	<p> LES MILLS BODYPUMP 7:30AM - 8:30AM</p> <p> LES MILLS BODYBALANCE 8:35AM - 9:35AM</p> <p> LES MILLS BODYPUMP 10:00AM - 10:30AM</p> <p>LES MILLS BODYSTEP CLASSIC 10:40AM - 11:10AM</p> <p>LES MILLS CORE 11:20AM - 11:50AM</p> <p> LES MILLS BODYPUMP 12:00PM - 12:45PM</p> <p> LES MILLS BODYBALANCE 12:50PM - 1:50PM</p> <p>LES MILLS CORE 1:55PM - 2:25PM</p> <p> LES MILLS BODYBALANCE 2:30PM - 3:00PM</p> <p>LES MILLS BODYSTEP CLASSIC 3:10PM - 3:55PM</p> <p> LES MILLS BODYBALANCE 4:00PM - 4:45PM</p> <p>LES MILLS CORE 5:00PM - 5:45PM</p> <p>LES MILLS GRIT STRENGTH 5:50PM - 6:20PM</p> <p> LES MILLS BODYCOMBAT 6:30PM - 7:30PM</p> <p>LES MILLS BODYBALANCE 7:35PM - 8:35PM</p>	<p>LES MILLS CORE 9:20AM - 9:50AM</p> <p> LES MILLS BODYPUMP 10:00AM - 10:30AM</p> <p>LES MILLS BODYSTEP CLASSIC 10:30AM - 11:15AM</p> <p>LES MILLS BODYBALANCE 11:15AM - 12:00PM</p> <p> LES MILLS BODYBALANCE 12:25PM - 1:25PM</p> <p> LES MILLS BODYCOMBAT 1:30PM - 2:15PM</p> <p>LES MILLS CORE 2:20PM - 2:50PM</p> <p> LES MILLS BODYPUMP 3:15PM - 4:15PM</p> <p> LES MILLS SH'BAM 4:20PM - 4:50PM</p> <p> LES MILLS BODYPUMP 5:00PM - 6:00PM</p> <p>LES MILLS BODYBALANCE 6:05PM - 6:35PM</p> <p> LES MILLS BODYPUMP 6:50PM - 7:50PM</p>	<p> LES MILLS SH'BAM 9:00AM - 9:45AM</p> <p>LES MILLS BODYPUMP 10:00AM - 11:00AM</p> <p>LES MILLS BODYSTEP CLASSIC 11:00AM - 11:30AM</p> <p> LES MILLS BODYBALANCE 11:45AM - 12:45PM</p> <p> LES MILLS BODYCOMBAT 12:50PM - 1:35PM</p> <p>LES MILLS CORE 1:40PM - 2:10PM</p> <p> LES MILLS SH'BAM 2:15PM - 3:00PM</p> <p>LES MILLS CORE 3:05PM - 3:35PM</p>

LES MILLS BODYBALANCE

BODYBALANCE™ ist ein neuer Yoga-Kurs für alle und jeden. Es werden eine Reihe von Bewegungen zur Musik verwendet, die Ihren Geist, Ihren Körper und Ihr Leben verbessern und Sie in einen Zustand der inneren Ruhe versetzen.

LES MILLS BODYPUMP

BODYPUMP™ ist das ursprüngliche Langhantel-Training für absolut jedermann. Mit leichten bis mittleren Gewichten und vielen Wiederholungen (reps) ist BODYPUMP™ ein Ganzkörpertraining, das Kalorien verbrennt, stärkt und den Körper in Form bringt.

LES MILLS BODYSTEP ATHLETIC

BODYSTEP™ ist ein Basic-Step-Programm, genau wie zu Fuß Treppen hinauf und hinab laufen. Dieses Ganzkörper-Cardio-Training wird Ihre Oberschenkel und Ihren Po wirklich in Form bringen.

LES MILLS BODYSTEP CLASSIC

BODYSTEP™ ist ein Basic-Step-Programm, genau wie zu Fuß Treppen hinauf und hinab laufen. Dieses Ganzkörper-Cardio-Training wird Ihre Oberschenkel und Ihren Po wirklich in Form bringen.

LES MILLS CORE

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

LES MILLS GRIT | STRENGTH

LES MILLS GRIT™ Strength ist ein 30-minütiges hoch-intensives Intervall-Training (HIIT), das die Stärke verbessern und Muskelmasse aufbaut. Dieses Training verwendet eine Hantel, Hantelscheiben und Körpergewichts-Übungen, um alle großen Muskelgruppen zu sprengen.

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

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LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS CORE

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

LES MILLS SH'BAM

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FLEXX Online - Kursplan Online