

FLEXX Online-Kursplan - tÄnglich 18 - 20 Uhr Livekurse

KR1

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

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 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
CXWORX

CXWORX™ ist die entscheidende Zutat für einen stärkeren Körper, während Sie an Ihrer Taille arbeiten. Eine stärker Kern macht Sie besser für alle Dinge, die Sie tun - es ist der Leim, der alles zusammenhält.

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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BODYBALANCE

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

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.

FLEXX Online - Kursplan bis Studioneröffnung nach Corona Online