

# INSEL SPORTS CLUB

powered by **SHELLENBERGTRAINING**

**GÜLTIG AB 4. MÄRZ 2024**

**FRÜHLING**

MONTAG			MITTWOCH			FREITAG		
09.00h s1	50 Min WF	<b>RÜCKENFIT</b> Kathy	10.00h s1	50 Min WF	<b>BODYSHAPE</b> Jörn	09.00h s1	50 Min K	<b>BODYSHAPE</b> Linea
10.00h s1	50 Min K	<b>BODYSHAPE</b> Kathy	10.00h s2	90 Min WF	<b>FLOW YOGA</b> Kirsten	10.00h s1	50 Min WF	<b>RÜCKEN &amp; MOBILITY</b> Linea
10.15h s3	75 Min IC	<b>IC LONG RIDE</b> Markus	11.00h s1	50 Min WF	<b>PAINFREE FASCIA</b> Jörn	10.15h s3	60 Min IC	<b>INDOOR CYCLE 2</b> Antonio
16.45h s1	60 Min A / K	<b>KRAFTWERK</b> Silvia	17.00h s1	50 Min WF	<b>RÜCKENSTRETCH</b> Silvia	16.15h Outdoor	60 Min A	<b>WALKING</b> Susanne
17.00h s2	50 Min WF	<b>RÜCKENFIT</b> Lola	17.30h s3	75 Min WF	<b>IC LONG RIDE</b> Alexander	17.00h s1	50 Min WF	<b>PILATES</b> Philipp
18.00h s1	50 Min K	<b>BODYSHAPE</b> Lola	18.00h s2	60 Min WF	<b>MOBILITY</b> Frank	18.00h s1	60 Min A / K / I	<b>POWER CIRCLE</b> Philipp
18.00h s2	30 Min WF	<b>STRETCHING</b> Silvia	18.00h s1	50 Min CH / DA	<b>EASY DANCE</b> Esben	<b>SAMSTAG</b>		
18.15h s3	75 Min IC	<b>IC LONG RIDE</b> Susi / Chrille	19.00h s1	60 Min CH / DA	<b>STEP 1-2</b> Frank	09.40h s1	60 Min K	<b>BODYSHAPE</b> Elena
18.40h s2	50 Min CH / DA	<b>ZUMBA</b> Yuliya	19.10h s2	50 Min WF	<b>PAINFREE FASCIA</b> Esben	10.15h s3	70 Min IC	<b>IC LONG RIDE</b> Susi
19.00h s1	30 Min WF	<b>MOBILITY</b> Lola	<b>DONNERSTAG</b>			10.50h s1	70 Min CH / DA	<b>STEP 1-2</b> Elena
19.40h s1	50 Min WF	<b>YOGA FÜR ALLE</b> Yuliya	09.00h s1	50 Min I / K / A	<b>TABATA</b> Jörn	<b>SONNTAG</b>		
<b>DIENSTAG</b>			10.00h s1	50 Min K	<b>BODYSHAPE</b> Yuliya	17.00h s3	60 Min IC	<b>INDOOR CYCLE 2</b> Antonio
09.00h s1	50 Min WF	<b>PILATES</b> Jörn	11.00h s1	50 Min CH / DA	<b>ZUMBA</b> Yuliya	<b>NORDIC WALKING</b>		
10.00h s1	50 Min K	<b>BODYWORK</b> Jörn	16.45h s1	50 Min CH / DA	<b>EASY STEP / 1-2</b> Romeyo	<b>HAPPY SUNDAYS</b>		
11.00h s1	50 Min WF	<b>EASY YOGA</b> Esben	17.45h s1	50 Min K	<b>FREE PUMP</b> Romeyo	Siehe Monatsaushang		
17.00h s1	50 Min WF	<b>PILATES</b> Philipp	17.45h s2	50 Min I / K / A	<b>TABATA</b> Esben	<b>SATURDAY SPECIALS</b>		
18.00h s1	50 Min K / A	<b>BODYWORK</b> Philipp	18.30h s3	70 Min IC	<b>IC LONG RIDE</b> Svax	siehe Event - NEWS		
18.10h s2	40 Min K / X	<b>XPRESS BAUCH</b> Sophia	18.45h s1	50 Min WF	<b>PILATES</b> Esben	<b>ERKLÄRUNGEN:</b>		
19.00h s3	60 Min IC	<b>IC EASY RIDE</b> Susi	19.45h s1	50 Min A / F	<b>JUMPING</b> Esben	<b>Räume:</b>	s1: Studio 1, groß	
19.10h s1	50 Min A / F	<b>JUMPING</b> Sophia					s2: Studio 2, klein	

ANMELDUNGEN ÜBER DEN APP: BUTTERFLY MEMBERS / Studio ID: 20418

s3: Studio 3: IndoorCycle

**Kursart:** A: Ausdauer  
CH:Choreographie  
DA:Dance  
F: Fun Class  
IC: INDOOR CYCLE  
K:Kraft  
WF:Wellfit  
X:Xpress, 30-40 Min