

INSEL SPORTS CLUB

powered by **SCHELLENBERGTRAINING**

GÜLTIG AB 1. JULI 2024

MONTAG			MITTWOCH			FREITAG		
09.00h s1	50 Min WF	RÜCKENFIT	10.00h s1	50 Min WF	BODYSHAPE	09.00h s1	50 Min K	BODYSHAPE
10.00h s1	50 Min K	BODYSHAPE	10.00h s2	90 Min WF	FLOW YOGA	10.00h s1	50 Min WF	RÜCKEN & MOBILITY
10.15h s3	75 Min IC	IC LONG RIDE	11.00h s1	50 Min WF	PAINFREE FASCIA	10.15h s3	60 Min IC	INDOOR CYCLE 2
16.45h s1	60 Min A / K	KRAFTWERK	17.00h s1	50 Min WF	RÜCKENSTRETCH	16.15h Outdoor	60 Min A	WALKING
17.00h s2	50 Min WF	RÜCKENFIT	17.30h s3	75 Min WF	IC LONG RIDE	17.00h s1	50 Min WF	PILATES
17.50h s1	40 Min WF	STRETCHING	17.50h s2	60 Min WF	MOBILITY	18.00h s1	60 Min A / K / I	BODYSHAPE
18.00h s2	30 Min WF	MOBILITY	18.00h s1	50 Min CH / DA	EASY DANCE			
18.15h s3	75 Min IC	IC LONG RIDE	19.00h s1	60 Min CH / DA	STEP 1-2	09.40h s1	60 Min K	BODYSHAPE
18.40h s1	50 Min K	BODYSHAPE	19.10h s2	50 Min WF	PAINFREE FASCIA	10.15h s3	70 Min IC	IC LONG RIDE
18.40h s2	50 Min WF	YOGA FÜR ALLE	DONNERSTAG			10.50h s1	70 Min CH / DA	STEP 1-2
19.40h s1	50 Min WF	ZUMBA	09.00h s1	50 Min I / K / A	TABATA			
			10.00h s1	50 Min K	BODYSHAPE			
DIENSTAG			11.00h s1	50 Min CH / DA	ZUMBA			
09.00h s1	50 Min WF	PILATES	16.45h s1	50 Min CH / DA	EASY STEP / 1-2			
10.00h s1	50 Min K	BODYWORK	17.45h s1	50 Min K	FREE PUMP			
11.00h s1	50 Min WF	EASY YOGA	17.45h s2	50 Min I / K / A	TABATA			
17.00h s1	50 Min WF	PILATES	18.30h s3	70 Min IC	IC LONG RIDE			
18.00h s1	50 Min K / A	BODYWORK	18.45h s1	50 Min WF	PILATES			
18.10h s2	40 Min K / X	XPRESS BAUCH	19.45h s1	50 Min A / F	JUMPING			
19.00h s3	60 Min IC	IC EASY RIDE						
19.10h s1	50 Min A / F	JUMPING						

SAMSTAG

09.40h s1	60 Min K	BODYSHAPE
10.15h s3	70 Min IC	IC LONG RIDE
10.50h s1	70 Min CH / DA	STEP 1-2

SONNTAG

17.00h s3	60 Min IC	INDOOR CYCLE 2
NORDIC WALKING		HAPPY SUNDAYS
Siehe Monatsaushang		siehe Monatsaushang
		SATURDAY SPECIALS
		siehe Event - NEWS

ERKLÄRUNGEN:

Räume:	s1: Studio 1, groß s2: Studio 2, klein 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

ANMELDUNGEN ÜBER DEN APP: BUTTERFLY MEMBERS / Studio ID: 20418
ERKLÄRUNGEN SIEHE RÜCKSEITE