

MONTAG

S1	09.00-09.50h	RÜCKENFIT	KATHY	WF, RH
S1	10.00-10.50h	BODYSHAPE	KATHY	K
S3	10.15-11.25h	IC LONG RIDE	MARKUS	IC, C
S1	11.00-11.30h	XPRESS BOX W.O.	KATHY	K, C
S1	16.45-17.35h	BODY CONTROL	LOLA	K, RH
S2	17.00-17.40h	STRETCHING	SILVIA	WF
S1	17.45-18.45h	KRAFTWERK	SILVIA	K, C
S2	17.45-18.35h	RÜCKENFIT	LOLA	WF, RH
S3	18.15-19.30h	IC MIXED RIDE	SUSI-CHRILLE	IC, C
S2	18.45-19.15h	FASZIEN TRAINING	LOLA	WF
S1	18.55-19.45h	ZUMBA	YULIYA	D/Ch
S1	19.50-20.40h	3 - D - FITNESS	YULIYA	WF

DIENSTAG

S1	09.00-09.50h	PILATES	JÖRN	WF, RH
S3	09.30-10.30h	IC MORNING RIDE	ESBEN	IC, C
S1	10.00-10.50h	BODYWORK	JÖRN	K, C
S1	11.00-12.00h	YOGA für alle	ESBEN	WF, RH
S1	17.00-17.50h	RETRO PILATES	KARSTEN	WF
S1	18.00-19.00h	AM.LINEDANCE	SUSAN	C, F
S2	18.10-18.50h	XPRESS BAUCH W.O	SUSI	K
S3	19.10-20.10h	IC EASY RIDE	SUSI	IC, C
S1	19.10-20.00h	ATHLETIC JUMPING	KARSTEN	C, F

MITTWOCH

S1	09.00-09.50h	RÜCKENFIT	JÖRN	WF, RH
S1	10.00-10.50h	3 D FITNESS	JÖRN	K
S1	17.00-17.50h	RÜCKENSTRETCH	SILVIA	WF, RH
S2	17.55-18.55h	Nacken-RückenWO	FRANK	WF, RH
S1	18.00-18.50h	EASY DANCE	ESBEN	Ch, D
S3	18-19h/19.30h	IC 60 / 90 RIDE	ALEXANDER	IC, C
S1	19.00-20.00h	STEP CHOREO	FRANK	Ch, D
S2	19.00-20.00h	FASZIEN TRAINING	ESBEN	WF

KURSRÄUME:

S1:	Studio 1, Gross, unten
S2:	Studio 2, Klein, unten
S3:	Studio 3: Indoor cycle, oben
OD:	Outdoor, Treffpunkt Rezeption

DONNERSTAG

S1	09.30-10.20h	BODYSHAPE	YULIYA	K
S1	10.30-11.20h	ZUMBA	YULIYA	D, Ch
S1	16.45-17.35h	STEP CARDIO / CHOREO	ROMEYO	D, C, Ch
S1	17.45-18.15h	XPRESS STRONG W.O.	ROMEYO	K
S2	17.45-18.35h	TABATA	ESBEN	C, K, I
S1	18.20-18.50h	XPRESS BOOTY W.O.	ROMEYO	K
S3	18.30-19.45h	IC LONG RIDE	SVAX	IC, C
S1	18.55-19.45h	PILATES	ESBEN	WF, RH
S1	19.55-20.45h	JUMPING	ESBEN	C, F

FREITAG

S1	09.00-09.50h	3 D FITNESS	ANTONIO	K
S1	10.00-11.30h	FLOW YOGA	KIRSTEN	WF
S3	10.15-11.15h	IC MIXED RIDE	ANTONIO	IC, C
OD	17.00-18.00h	WALKING	SUSANNE	C, RH
S1	17.00-17.50h	POWER PILATES	PHILIPP	WF, RH
S1	18.00-18.50h	WSP/WinterSkiPrepare	PHILIPP	K, C, I

SAMSTAG

S1	09.40-10.40h	FULL BODY WORKOUT	ELENA	K
S3	10.15-11.25h	IC LONG RIDE	SUSI	IC, C
S1	10.50-12.00h	STEP CHOREO	ELENA	D, Ch
S1	12.15-13.15h	ATHLETIC HEARTBEAT	KARSTEN	K, C

SONNTAG

	VORMITTAG	HAPPY SUNDAY	Siehe Aushang
	VORMITTAG	NORDIC WALKING	Siehe Aushang
S3	16.45-18.00h	IC ENDURANCE RIDE	ANTONIO IC, C

ERKLÄRUNGEN ZUM KURSFORMAT:

C:	Cardio (Ausdauer)
Ch:	Choreographie
D:	Dance
F:	Funfactor
I:	Intervalltraining / High Intensiv
IC:	Indoor cycle
K:	Kraft
RH:	REHAB, geeignet für 60+, Rehabilitation
WF:	Wellfit / Wellness

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INSEL SPORTS CLUB, Motzenerstrasse 5, 12277 Berlin - Mari www.inselsportsclub.de

Tel: 721 10 90 // Email: info@insel-sports-club.com // Follow us on: INSTAGRAM

