

INSEL SPORTS CLUB

powered by SCHELLENBERGTRAINING

ab **2. 6.**

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MONTAG

S1	09.00-09.50h	RÜCKENFIT	WF
S1	10.00-10.50h	BODYSHAPE	K
S3	10.15-11.25h	IC LONG RIDE	IC, C
S1	16.45-17.35h	BODY CONTROL	K
S2	17.00-17.40h	STRETCHING	WF
S2	17.45-18.35h	RÜCKENFIT	WF
S1	17.50-18.50h	KRAFTWERK	K, C
S3	18.00-19.15h	IC MIXED RIDE	IC, C
S2	18.45-19.15h	MOBILITY	WF
S1	19.00-19.50h	ZUMBA	D, Ch
S1	20.00-20.50h	YOGA FÜR ALLE	WF

DIENSTAG

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

MITTWOCH

S1	09.00-09.50h	RÜCKENFIT	WF
S1	10.00-10.50h	3 D FITNESS	K
S2	17.15-18.05h	TABATA	C, K, I
S1	17.30-18.20h	RÜCKENSTRETCH	WF
S3	18.00-19.10h	IC LONG RIDE	IC, C
S1	18.30-19.20h	EASY DANCE	Ch, D
S2	18.30-19.20h	SUPERBAND W.O.	K
S1	19.30-20.20h	FASZIEN TRAINING	WF

KURS RÄUME:

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	K
S1	10.30-11.20h	ZUMBA	D, Ch
S1	16.45-17.35h	STEP CARDIO / CHOREO	D, C, Ch
S2	17.00-17.50h	D!s DANCE CLUB, Kids	D
S1	17.45-18.45h	PUMP IT UP! Langhantel	K
S2	18.00-18.50h	D!s DANCE CLUB POP	D, Ch
S3	18.30-19.45h	IC LONG RIDE	IC, C
S1	18.55-19.45h	PILATES	WF
S1	19.55-20.45h	JUMPING/ NO TURN STEP	C, F

FREITAG

S1	09.00-09.50h	3 D FITNESS	K
S1	10.00-11.30h	FLOW YOGA	WF
S3	10.15-11.15h	IC MIXED RIDE	IC, C
OD	17.00-18.00h	WALKING	C
S1	17.00-17.50h	POWER PILATES	K, WF
S1	18.00-18.50h	PUMP IT UP! Langhantel	K

SAMSTAG

S1	09.40-10.40h	FULL BODY WORKOUT	K
S3	10.15-11.25h	IC LONG RIDE	IC, C
S1	10.50-12.00h	STEP CHOREO	D, Ch
S1	12.15-13.15h	ATHLETIC HEARTBEAT	K, C
S1	17.00-18.00h	STREET HEAT	CF

SONNTAG

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

ERKLÄRUNGEN ZUM KURSFORMAT:

C:	Cardio (Ausdauer)	
Ch:	Choreographie	
D:	Dance	
F:	Funfactor	
I:	Intervalltraining / High Intensiv	
IC:	Indoor cycle	
K:	Kraft	
WF:	Wellfit / Wellness	
CA	Callesthenics / Functional	Version2. / 3.6.25

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

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