

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	RÜCKENSTRETCH	WF
S2	16.45-17.35h	POWERSLIDE CORE	K
S2	17.45-18.35h	YOGA FÜR ALLE	D, Ch
S1	17.50-18.50h	KRAFTWERK	K,C
S3	18.00-19.15h	IC MIXED RIDE	IC, C
S1	19.00-19.50h	ZUMBA	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	PILATES	WF,K
S1	18.00-19.00h	AM.LINEDANCE	C,F
S2	18.10-19.00h	BAUCH-RÜCKEN	K
S3	19.10-20.10h	IC EASY RIDE	IC, C
S1	19.10-20.00h	MIXED FITNESS	K,C

MITTWOCH

S1	09.00-09.50h	RÜCKENFIT	WF
S1	10.00-10.50h	3 D FITNESS	K
S1	16.45-17.25h	TABATA- INTERVALL	C, K, I
S3	17.00-17.50h	IC SHORT RIDE	IC, C
S1	17.30-18.20h	RÜCKENSTRETCH	WF
S1	18.30-19.20h	EASY DANCE	Ch, D
S2	18.30-19.20h*	BLACKROLL PILATES	WF
S1	19.30-20.20h	FASZIEN TRAINING	WF

*Dieser Kurst startet ca Mitte März, Siehe APP

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	K
S1	10.30-11.20h	ZUMBA	D, Ch
S1	16.45-17.35h	STEP CHOREO / LEICHT	D, C, Ch
S1	17.45-18.45h	PUMP IT UP! Langhantel	K
S3	18.30-19.45h	IC LONG RIDE	IC, C
S1	18.55-19.45h	PILATES	WF
S1	19.55-20.45h	JUMPING/ YOGA für alle	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
S1	17.00-18.15h	FATBURN CIRCUIT	K,C,F

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

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

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