

Group Classes

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 1
07.15–08.15 Yoga		07.30–08.30 BODY PUMP					07.30–08.30 Indoor Cycling				
09.00–10.00 Back Fitness				09.00–10.00 Back Fitness				09.00–10.00 Back Fitness			
										10.00–11.00 Saturday Surprise	
11.45–12.35 BODY PUMP	11.45–12.35 Yoga	11.30–12.00 HIIT	11.30–12.15 Pilates Mat	11.30–12.25 BODY COMBAT	12.00–13.00 Yoga	11.30–12.00 Cardiofit	11.30–12.15 BODYART	11.30–12.25 BODY PUMP	11.30–12.25 Pilates Mat		
12.40–13.30 ABT	12.40–13.30 Indoor Cycling	12.15–13.00 Body Tone	12.15–12.45 Abs Express	12.30–13.30 BODY PUMP		12.15–13.00 Step & Tone	12.15–13.00 Pilates Mat NEW	12.30–13.30 Yoga	12.30–13.15 Indoor Cycling		
							13.00–13.45 Yin Yoga New Time				
	17.30–18.30 ZUMBA	17.00–17.55 BODY PUMP		17.30–18.30 BODYART							
18.00–19.00 BODY PUMP		18.00–19.00 Pilates Mat	18.00–19.00 Indoor Cycling		18.00–19.00 Indoor Cycling	18.00–19.00 BODY PUMP					

Class Descriptions (Changes in the class program possible at any time.)

Endurance

Step & Tone

Focused learning of the Step basics and simple step combinations. In this workout you combine joint- and backfriendly, intensive circulatory exercise with the strengthening of legs and butt. You'll perspire and have a great time.

Indoor Cycling

A Joint-friendly cardio workout on a special indoor cycle. Through a variety of biking techniques, your heart circulation is exercised and your fat burning boosted. One of the best fat burning methods.

ZUMBA

ZUMBA literally means "to move fast and have fun". ZUMBA is fun and easy! The dance steps are easy to follow and anyone can join in. Zumba is effective! ZUMBA is all about building condition and losing weight.

Cardiofit

An intensive, athletic interval workout bringing participants to their limit! The incomparable mix of high and low impact is what gives Cardiofit its unique character. Simple choreography with a high tempo and motivating music guarantees a one-of-a-kind great time in the classroom.

Saturday Surprise

A cardio and strength training course that will change every week. Please see the weekly group fitness schedule for details. Lots of fun for all!

BODYCOMBAT – Les Mills

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up many calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. The instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

Strengthening

BODYPUMP – Les Mills

A strength endurance training with bars and free weights. This uncomplicated effective class gives strength and definition to your muscles. A strenuous workout that's fun.

Body Tone

Strengthening all your muscle groups with and without aids (steps, bars, tubes, etc.), your body line is toned and sculpted.

Back Fitness

Mobilization and strengthening of your back, neck and abdominal muscles. Through goal specific exercises you improve posture and prevent back pain.

ABT

The classic class Abs, Bum and Thighs, ABT for short. An intensive strength endurance training that tightens your abs, thighs and gets the buttocks in top shape! Beginners and advanced users will find a variety of exercises to get the middle of the body in shape.

HIIT

HIIT is a High Intensity Interval Training, that consists of short periods of intense exercise that get your heart rate up quickly between intervals of less intense exercise or complete rest. HIIT will help you to decrease body fat, increase strength and endurance, and improve health outcomes.

Abs Express

An intensive abdominal muscle training for those who want to improve the core stabilization in a short period of time. Go for the burn.

Balance

Pilates Mat

The Pilates method is a unique system of stretching and strengthening exercises. With this workout your muscles will be strengthened and sculpted, your posture improved, your flexibility and balance increased and your body and mind harmonized.

Yoga

Yoga combines simple and effective biomechanical principles to the orientation of the body with a deep spiritual understanding of yoga. In these classes there is an emphasis placed on precision – both to protect specifically against injury and the other to experience the full benefits of the asanas.

Yin Yoga

Yin Yoga stretches the body's deep connective tissues and improves flexibility. It calms the mind in hectic everyday life, regulates the energies in the body and brings balance and peace to the soul.

BODYART

In the BODYART training principle the human being stands as a functional unit. BODYART connects elements of Yoga, exercise therapy, Japanese DO IN, own position and classic breathing methods and puts it together to a synergy of training and relaxation.