mikro eins Kompakttraining - Neckarsulm Group Exercise Timetable

5:50PM - 6:05PM

Studio 1

6:30PM - 6:45PM

Studio 1

6:15PM - 7:05PM

Studio 1

Montag Dienstag Mittwoch Donnerstag Freitag Samstag Sonntag LesMills LesMills LesMills LesMills LesMills LesMills LesMills **O** \odot BODYPUMP **BODYPUMP** 8.00AM - 8.45AM 8:00AM - 8:50AM 8:00AM - 8:45AM 8:00AM - 8:50AM 8:00AM - 8:50AM 8:00AM - 8:50AM 8:00AM - 8:50AM Studio 1 **O** BODYPUMP LesMills LesMills LesMills LesMills LesMills **BODYPUMP** BODYBALANCE **BODYPUMP** 9:00AM - 9:45AM 9:00AM - 9:50AM 9:00AM - 10:30AM 9:00AM - 9:50AM 9:00AM - 10:00AM 9.00AM - 9.45AM 9.00AM - 9.45AM Studio 1 LesMills **OCORE OCORE OCORE OCORE** CORE CORE 10:00AM - 10:50AM 10:00AM - 10:15AM 11:00AM - 11:15AM 10:00AM - 10:15AM 10:15AM - 10:30AM 10:00AM - 10:15AM 10:00AM - 10:15AM Studio 1 LesMills LesMills LesMills LesMills **D BODYPUMP** LesMills **D** RODYPUMP **OCORE OCORE O BODYPUMP BODYPUMP** 11:00AM - 11:15AM 10:30AM - 11:15AM 11:30AM - 12:20PM 10:30AM - 11:15AM 11:00AM - 11:15AM 10:30AM - 11:15AM 10:30AM - 11:15AM Studio 1 LesMills LesMills LesMills LesMills LesMills LesMills **OCORE BODYPUMP BODYPUMP** 11:30AM - 12:20PM 11:30AM - 12:15PM 12:30PM - 12:45PM 11:30AM - 12:15PM 11:30AM - 12:20PM 11:30AM - 12:20PM 11:30AM - 12:20PM Studio 1 LesMills LesMills LesMills **OCORE OCORE OCORE OCORE** 12:30PM - 12:45PM 12:30PM - 1:20PM 2:00PM - 2:50PM 12:30PM - 1:20PM 12:30PM - 12:45PM 12:30PM - 12:45PM 12:30PM - 12:45PM Studio 1 LesMills LesMills LesMills LesMills **D** BODYPUMP **OCORE** () CORE **OCORE BODYPUMP** 2:00PM - 2:45PM 3:00PM - 3:15PM 2:00PM - 2:45PM 1:00PM - 1:15PM 2:00PM - 2:50PM 2:00PM - 2:50PM 1:00PM - 1:15PM Studio 1 LesMills LesMills LesMills **OCORE ED BODYPUMP OCORE OCORE UCORE** 3:00PM - 3:15PM 3:00PM - 3:50PM 3:30PM - 4:15PM 3:00PM - 3:50PM 3:00PM - 3:15PM 1:30PM - 1:45PM 1:30PM - 1:45PM Studio 1 LesMills LesMills LesMills LesMills LesMills LesMills LesMills **D** BODYCOMBAT **D** BODYPUMP **D** BODYPUMP **D** BODYCOMBAT 3:30PM - 4:15PM 4:00PM - 4:50PM 4:30PM - 5:20PM 4:00PM - 4:50PM 3:30PM - 4:15PM 2:00PM - 2:45PM 2:00PM - 2:45PM Studio 1 LesMills LesMills LesMills LesMills **OCORE OCORE** CORE 4:30PM - 5:20PM 5:00PM - 5:15PM 5:30PM - 5:45PM 5:00PM - 5:15PM 4:30PM - 5:20PM 3:00PM - 3:50PM 3:00PM - 3:50PM Studio 1 LesMills LesMills **OCORE OCORE OCORE OCORE OCORE BODYPUMP BODYPUMP** 5:30PM - 6:15PM 5:50PM - 6:05PM 5:30PM - 6:15PM 5:30PM - 5:45PM 4·00PM - 4·15PM 4:00PM - 4:15PM 5:30PM - 5:45PM Studio 1 LesMills LesMills LesMills **OCORE OCORE** () CORE CORE **BODYPUMP BODYPUMP**

6:30PM - 6:45PM

Studio 1

5:50PM - 6:05PM

Studio 1

4:30PM - 5:15PM

Studio 1

4:30PM - 5:15PM

Studio 1

Montag Dienstag LesMills **OCORE**

6:30PM - 8:00PM

Studio 1

6:50PM - 7:05PM

Studio 1

O RPM

7:15PM - 8:05PM Studio 1

D BODYPUMP

8:15PM - 9:00PM Studio 1

Mittwoch LesMills

BODYPUMP 7:15PM - 8:00PM Studio 1

OCORE

8:15PM - 8:30PM Studio 1

OCORE 8:40PM - 8:55PM

Studio 1

Donnerstag

LesMills **OCORE** 6:50PM - 7:05PM

O RPM

Studio 1

7:15PM - 8:05PM Studio 1

D BODYPUMP

8:15PM - 9:00PM Studio 1

Freitag

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6:15PM - 7:05PM Studio 1

D BODYPUMP

7:15PM - 8:00PM Studio 1

OCORE

8:15PM - 8:30PM Studio 1

Studio 1

OCORE 8:40PM - 8:55PM

Samstag

O RPM

5:30PM - 6:20PM Studio 1

OCORE 6:30PM - 6:45PM

Studio 1

OCORE 7:00PM - 7:15PM Studio 1

○ RPM LesMills

Sonntag

5:30PM - 6:20PM Studio 1

OCORE 6:30PM - 6:45PM Studio 1

OCORE

7:00PM - 7:15PM Studio 1



Live Kurs mit Steffi



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



The original barbell workout for anyone looking to get lean, toned and fit - fact



Exercise the muscles around your core, the vital ingredient for a stronger body and improved posture.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

mikro eins Kompakttraining -Neckarsulm

Group Exercise Timetable