

STUNDENPLAN

gültig ab 10.7.2017

Triesterstraße 12
2351 Wiener Neudorf



02236/86 96 90
www.clubactivity.at

SAAL 1 Workout / Dance / Step

	8:30	9:30		15:30	16:30	17:30	18:30	19:30	
Mo	Body work	Bauch, Bein, Po - intensiv	... & Stretch 10:20 - 10:40		Body work	Power-Bauch Bein, Po	Hot Stepper	Bauch, Bein, Po - intensiv	Mo
Di	Bauch, Bein, Po - intensiv	Creative Step			Latino Basic	Pure Workout	Bauch, Bein, Po - intensiv	Energy PUMP	Di
Mi	Body work	Bauch, Bein Po - intensiv	... & Stretch 10:20 - 10:40		Body work	Fight Club	H.I.I.T.	deepWORK	Mi
Do	Creative Step	Rücken fit				Functional Workout	Hot Stepper	Energy PUMP	Do
Fr	Easy Dance	Body work		Bauch, Bein, Po - intensiv	Power Step		Cross Training		Fr
	9:00	10:00			16:00	17:00	18:00		
Sa	Bauch, Bein, Po - intensiv	Latin Moves				Dance Aerobic	Functional Workout		Sa
So	Body work	Power-Bauch Bein, Po			Cross Training	Latin Moves	Pure Workout		So

SAAL 2 Workout / Dance / Kids & Teens Kurse wieder ab September 2017 im Programm

	OUTDOOR			17:30		18:00	19:00	20:00	
Mo						Bauch, Bein, Po - intensiv	Rücken-fit	ZUMBA	Mo
Di						Body Styling			Di
Mi	9:00 Nordic Walking					18:30 Dance Aerobic			Mi
Do									Do
Fr									Fr
Sa									Sa
So									So

SAAL 3 Body & Mind / Wellness / Spinning / Synrgy

	8:30	9:30	10:30		16:30	17:00	17:30	18:30	19:30	
Mo		Pilates Control				Synrgy Training 30'	Pilates Floorwork	Hatha Yoga	90 Minuten	Mo
Di	X - Active Koordination	Beckenboden Training				Synrgy Training 30'	Synrgy Training 30'	Synrgy XL Training 50'		Di
Mi	Good Morning Stretch	Pilates Floorwork				Synrgy Training 30'		Body Balance	Hatha Yoga 90 Minuten	Mi
Do		Pilates Control				Synrgy Training 30'	BodyART		Synrgy Training 30'	Do
Fr	9:00 Synrgy Training 30'	Faszien-training			Pilates Floorwork		Synrgy L Training 40'	Hatha Yoga	90 Minuten	Fr
	9:00	10:00				17:00	17:30			
Sa	Body Art	Body Balance								Sa
So		Hatha Yoga 90 Minuten				Synrgy Training 30'	Synrgy Training 30'			So

Workout / Dance / Step

* für Einsteiger - Stufe 1 (für ALLE geeignet)

Bauch, Bein, Po intensiv
Bodywork, Fight Club,
Power Step, Creative Step, deepWORK™
Easy Dance, Latin Moves, Latino Basic, Zumba

** MITTELSTUFE - Stufe 2

Power Bauch Bein Po, Pure Workout
Bodystyling, Functional Workout
Creative Step, deepWORK™
Fight Club, Energy PUMP, Cross Training
Latino Basic, Latin Moves, Easy Dance, Dance Aerobic
Zumba, Just Dance

*** FORTGESCHRITTEN - Stufe 3

American Circle, Fight Club, Cross Training
Functional Workout, Energy PUMP, H.I.I.T.
Hot Stepper, deepWORK™
Dance Aerobic, Zumba, Just Dance

Body & Mind * für ALLE geeignet

Hatha Yoga
Pilates Floorwork, Pilates Control
Faszientraining

Wellness * für ALLE geeignet

Nordic Walking, X-Active, Rückenfit
Bodybalance, BodyART™, Stretch & Tone
Beckenboden Training
Good Morning Stretch

Spinning * für ALLE geeignet

wieder ab Herbst 2017 im Programm
Reservierung bleibt bis 15 Min. vor Stundenbeginn aufrecht.

Synrgy Training * für ALLE geeignet / L + XL = **/*** Mittel bis Fortgeschritten

Zirkeltraining: Tower-Stationen, TRX, Kettlebells, Boxsack, ...
Reservierung bleibt bis 15 Min. vor Stundenbeginn aufrecht.

YOUNGSTARS Active Minis, Cheerdance, Breakdance

Saisonkurse Hip Hop, Musical Dance, Streetstyle

Kids & Teens **Gratis Schnuppern: 18. - 28. September 2017**

Herbst 2017 **Youngstars-Kursprogramm siehe: www.clubactivity.at**

Stunden finden ab 3 Teilnehmern statt