

STUNDENPLAN

gültig ab 02.10.2017

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			Easy Dance	Functional Workout	Hot Stepper	Body work	Do
Fr	Easy Dance	Body work		Bauch, Bein, Po - intensiv	Power Step	Body Power	Cross Training		Fr
	9:00	10:00			16:00	17:00	18:00		
Sa	Power-Bauch Bein, Po	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 sind im Stundenplan grau unterlegt

	OUTDOOR		15.30	16.30	17.30	17:00	18:00	19:00	20:00
Mo						Musical Dance	Bauch, Bein, Po - intensiv	Rücken-fit	ZUMBA
Di			Active Minis			Cheerdance 8-12 Jahre	Body Styling	Cheerdance ab 13 Jahre	
Mi	9:00 Nordic Walking			Hip Hop 7-9 Jahre	Hip Hop 10-13 Jahre		18:30 Dance Aerobic	19:30 Bauch, Bein Po - intensiv	
Do						Breakdance	Streetstyle	19:30 Just Dance	
Fr					We dance ¹ div. Motto				
Sa									
So									

SAAL 3 Body & Mind / Wellness / Spinning / Syngy

	8:30	9:30	10:30	15:30	16:30	17:00	17:30	18:30	19:30
Mo		Pilates Control			Syngy Training 30'	Syngy Training 30'	Pilates Floorwork	Hatha Yoga	90 Minuten
Di	X - Active Koordination	Beckenboden Training				Syngy Training 30'	Syngy Training 30'	Syngy XL Training 50'	Spinning Endurance
Mi	Good Morning Stretch	Pilates Floorwork			Syngy Training 30'	Syngy Training 30'	Stretch & Tone	Coor Training	Hatha Yoga 90 Minuten
Do		Pilates Control				Syngy Training 30'	BodyART	Spinning Strenght	Syngy Training 30'
Fr	9:00 Syngy Training 30'	Faszien-training	Pilates ¹	Faszien-training	Pilates Floorwork		Syngy L Training 40'	Yoga rocks	90 Minuten
	9:00	10:00				17:00	17:30		
Sa	Body Art	Body Balance				Spinning Endurance			
So		Hatha Yoga 90 Minuten				Syngy Training 30'	Syngy Training 30'		

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

Body Power, 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, Coor
Good Morning Stretch

Spinning * für ALLE geeignet

Endurance, Strenght
Reservierung bleibt bis 15 Min. vor Stundenbeginn aufrecht.

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

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

YOUNGSTARS Saisonkurse Kids & Teens 2017/2018

Active Minis, Cheerdance, Breakdance
Hip Hop, Musical Dance, Streetstyle
Youngstars-Kursprogramm siehe: www.clubactivity.at

¹ Pilates Freitag 10:30 Uhr und We Dance Freitag 17:30 Uhr - findet nur bei Ankündigung statt

Stunden finden ab 3 Teilnehmern statt