

STUNDENPLAN

gültig ab 01.06.2017

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	Energy PUMP	Do
Fr	Easy Dance	Body work		Bauch, Bein, Po - intensiv	Power Step	American Circle	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	19:30 Bauch, Bein Po - intensiv		Mi
Do							19:30 Just Dance		Do
Fr					We dance ¹ div. Motto				Fr
Sa									Sa
So									So

SAAL 3 Body & Mind / Wellness / Spinning / Synrgy

	8:30	9:30	10:30	15:30	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'	Stretch & Tone	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 ¹	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

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

Stunden finden ab 3 Teilnehmern statt