

# AKTUELLER KURSPLAN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08.30	LESMILLS 45 BODYPUMP	LESMILLS 60 BODYPUMP	LESMILLS 30 CORE	LESMILLS 45 BODYPUMP	LESMILLS 30 CORE	SA	SO
09.00	MO	DI	MI	DO	LESMILLS 30 BODYBALANCE	LESMILLS 45 THE TRIP	LESMILLS 45 THE TRIP
09.30	LESMILLS 45 THE TRIP	LESMILLS 45 BODYBALANCE	LESMILLS 45 THE TRIP	LESMILLS 45 Shapes	FR	SA	SO
10.00	MO	DI	MI	DO	LESMILLS 60 RPM	LESMILLS 30 CORE	SO
10.15	LESMILLS 30 BODYBALANCE	LESMILLS 30 sprint	LESMILLS 30 BODYBALANCE	LESMILLS 60 BODYBALANCE	FR	SA	LESMILLS 60 BODYPUMP
10.30	MO	DI	MI	DO	FR	LESMILLS 45 DANCE	SO
11.15	MO	DI	MI	DO	FR	SA	LESMILLS 60 BODYBALANCE
11.30	MO	DI	MI	DO	FR	LESMILLS 45 BODYATTACK	SO
14.30	LESMILLS 30 CORE	LESMILLS 45 THE TRIP	LESMILLS 30 BODYPUMP	LESMILLS 30 CORE	LESMILLS 60 BODYPUMP	LESMILLS 30 GRIT   STRENGTH	LESMILLS 30 CORE
15.00	MO	DI	LESMILLS 45 THE TRIP	DO	FR	LESMILLS 30 BODYBALANCE	LESMILLS 30 GRIT   CARDIO
15.30	MO	DI	MI	DO	LESMILLS 60 BODYBALANCE	SA	SO
16.30	LESMILLS 45 BODYPUMP	DI	MI	LESMILLS 30 RPM	FR	SA	SO
17.00	MO	LESMILLS 45 RPM	MI	DO	FR	SA	SO
17.15	LESMILLS 45 BODYBALANCE	DI	LESMILLS 30 BODYPUMP HEAVY	DO	LESMILLS 60 LMI STEP	SA	SO
17.30	MO	DI	MI	LESMILLS 30 BODYPUMP HEAVY	FR	SA	SO
17.45	MO	LESMILLS 45 Shapes	LESMILLS 45 BODYATTACK	DO	FR	SA	SO
18.00	LESMILLS 60 BODYATTACK	DI	MI	LESMILLS 45 Shapes	FR	LESMILLS 45 THE TRIP	LESMILLS 45 THE TRIP
18.15	MO	DI	MI	DO	LESMILLS 30 CORE	SA	SO
18.30	MO	LESMILLS 60 BODYJAM	LESMILLS 45 BODYCOMBAT	DO	FR	SA	SO
18.45	MO	DI	MI	LESMILLS 45 DANCE	LESMILLS 60 BODYBALANCE	SA	SO
19.00	LESMILLS 30 sprint	DI	MI	DO	FR	SA	SO
19.15	MO	DI	LESMILLS 60 BODYBALANCE	DO	FR	SA	SO
19.30	LESMILLS 45 BODYCOMBAT	LESMILLS 60 BODYPUMP	MI	LESMILLS 45 BODYCOMBAT	FR	SA	SO
20.30	LESMILLS 45 THE TRIP	DI	LESMILLS 45 THE TRIP	DO	LESMILLS 45 THE TRIP	SA	SO

Kurse mit diesem Zusatzlogo finden virtuell statt!

30 , 45 , 60

Entscheide selbst wie schnell du trainierst: Kurse laufen 30, 45 und 60 Min.

## KURSBESCHREIBUNG

**LESMILLS BODYPUMP**

Langhantel Krafttraining

**LESMILLS BODYATTACK**

Cardio-Sport Workout

**LESMILLS LMI STEP**

Booty Workout mit Step

**LESMILLS RPM**

Indoor Cycling Workout

**LESMILLS BODYBALANCE**

Yoga & Stretch & Entspannung

**LESMILLS CORE**

Six-Pack Workout

**LESMILLS BODYPUMP HEAVY**

Intensives Krafttraining

**LESMILLS BODYJAM**

Dance Workout mit Club Sounds

**LESMILLS DANCE**

Energiegeladenes Dance Workout

**LESMILLS BODYCOMBAT**

Mixed Martial Arts Workout

**LESMILLS sprint**

HIIT Workout auf dem Bike

**LESMILLS THE TRIP**

Immersives Workout auf dem Bike

**LESMILLS GRIT | CARDIO**

HIIT Workout mit Fokus auf Ausdauer

**LESMILLS GRIT | STRENGTH**

HIIT Workout mit Gewichten

**LESMILLS Shapes**

Ganzkörper-Workout (Pilates & Power Yoga)