



CyberConcept

Kursplan, gültig ab 07.11.2017



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00								07:00
08:00	07:30 Pilates 04 * Short Cut (27 Min)	07:30 RückenFit 02 * Short Cut (27 Min)	07:30 Pilates 02 * Short Cut (26 Min)	07:30 Pilates 01 * Short Cut (27 Min)	07:30 RückenFit 03 * Short Cut (26 Min)	07:30 RückenFit 03 * Short Cut (26 Min)	07:30 BauchBeinePo 01 ** Short Cut (27 Min)	08:00
08:30	08:00 RückenFit 02 * Short Cut (27 Min)	08:00 Pilates 01 * Short Cut (27 Min)	08:00 RückenFit 03 * Short Cut (26 Min)	08:00 BauchBeinePo 09 ** Short Cut (26 Min)	08:00 BauchBeinePo 01 ** Short Cut (27 Min)	08:00 Pilates 02 * Short Cut (26 Min)	08:00 RückenFit 06 * Short Cut (26 Min)	08:00
09:00	08:30 CoreWork 05 ** Short Cut (26 Min)	08:30 BauchBeinePo 02 ** Short Cut (27 Min)	08:30 Pants On Fire ** Short Cut (27 Min)	08:30 RückenFit 03 * Short Cut (26 Min)	08:30 FatAttack 08 ** Short Cut (26 Min)	08:30 TotalBodyWorkout 03 ** Short Cut (27 Min)	08:27 2 Pack * Short Cut (28 Min)	09:00
09:30	09:00 BauchBeinePo 01 ** Short Cut (27 Min)	09:00 FatAttack 06 ** Short Cut (26 Min)	09:00 Pilates 04 * Short Cut (27 Min)	09:00 FatAttack 07 ** Short Cut (25 Min)	09:00 Pilates 04 * Short Cut (27 Min)	09:00 FatAttack 09 ** Short Cut (26 Min)	09:00 Pilates 04 * Short Cut (27 Min)	09:00
10:00	09:30 CoreWork 05 ** Short Cut (26 Min)	09:30 RückenFit 05 * Short Cut (26 Min)	09:30 RückenFit 04 ** Short Cut (26 Min)	09:30 Pilates 03 * Short Cut (27 Min)	09:30 CoreWork 03 ** Short Cut (25 Min)	09:30 CoreWork 06 *** Short Cut (26 Min)	09:30 Combat 02 *** Short Cut (27 Min)	10:00
10:30	10:00 Basic Stretching * 10:13 Basic Stretching 02 *	10:00 BauchBeinePo 09 ** Short Cut (26 Min)	10:00 BauchBeinePo 05 *** Short Cut (26 Min)	10:00 TotalBodyWorkout 01 ** Short Cut (27 Min)	10:00 TotalBodyWorkout 05 *** Short Cut (26 Min)	10:00 FatAttack 06 ** Short Cut (26 Min)	10:00 FatAttack 09 ** Short Cut (26 Min)	10:00
11:00	10:30 Let's Do It * Short Cut (28 Min)	10:30 Basic Stretching * 10:43 Basic Stretching 02 *	10:30 TotalBodyWorkout 03 ** Short Cut (27 Min)	10:30 CoreWork 05 ** Short Cut (26 Min)	10:30 Combat 02 *** Short Cut (27 Min)	10:30 BauchBeinePo 05 *** Short Cut (26 Min)	10:30 BauchBeinePo 06 *** Short Cut (26 Min)	11:00
11:30	11:00 BauchBeinePo 02 ** Short Cut (27 Min)	CyberTraining (11 Min)	11:00 CoreWork 05 ** Short Cut (26 Min)	11:00 FatAttack 06 ** Short Cut (26 Min)	11:00 RückenFit 04 ** Short Cut (26 Min)	11:00 TotalBodyWorkout 07 ** Short Cut (26 Min)	11:00 TotalBodyWorkout 07 ** Short Cut (26 Min)	11:00
12:00	11:30 FatAttack 05 ** Short Cut (26 Min)	11:30 CoreWork 02 ** Short Cut (27 Min)	11:30 FatAttack 05 ** Short Cut (26 Min)	11:30 RückenFit 02 * Short Cut (27 Min)	11:30 CoreWork 03 ** Short Cut (25 Min)	11:30 FatAttack 08 ** Short Cut (26 Min)	11:30 FatAttack 08 ** Short Cut (26 Min)	12:00
12:30	12:00 RückenFit 03 * Short Cut (26 Min)	12:00 Pilates 04 * Short Cut (27 Min)	12:00 CoreWork 08 *** Short Cut (26 Min)	12:00 Pilates 03 * Short Cut (27 Min)	12:00 FatAttack 07 ** Short Cut (25 Min)	12:00 RückenFit 02 * Short Cut (27 Min)	12:00 TotalBodyWorkout 04 ** Short Cut (26 Min)	12:00
13:00	12:30 Pilates 03 * Short Cut (27 Min)	12:30 FatAttack 03 ** Short Cut (26 Min)	12:30 FatAttack 09 ** Short Cut (26 Min)	12:28 FatAttack 05 ** Short Cut (26 Min)	12:26 TotalBodyWorkout 03 ** Short Cut (27 Min)	12:30 Pilates 03 * Short Cut (27 Min)	12:30 Combat 02 *** Short Cut (27 Min)	13:00
13:30	13:00 BauchBeinePo 02 ** Short Cut (27 Min)	12:57 BauchBeinePo 05 *** Short Cut (26 Min)	12:57 BauchBeinePo 09 ** Short Cut (26 Min)	13:00 RückenFit 01 * Short Cut (27 Min)	12:55 BauchBeinePo 06 *** Short Cut (26 Min)	13:00 Basic Stretching * 13:13 Burning Up ** Basic (53 Min)	13:00 2 Pack * Short Cut (28 Min)	13:00
14:00	13:30 Pilates 04 * Short Cut (27 Min)	13:30 RückenFit 04 ** Short Cut (26 Min)	13:26 Pilates 02 * Short Cut (26 Min)	13:30 BauchBeinePo 02 ** Short Cut (27 Min)	13:25 Pilates 03 * Short Cut (27 Min)		13:30 Pilates 03 * Short Cut (27 Min)	14:00
14:30	14:00 TotalBodyWorkout 05 *** Short Cut (26 Min)	14:00 CoreWork 06 *** Short Cut (26 Min)	13:55 TotalBodyWorkout 06 ** Short Cut (25 Min)	14:00 TotalBodyWorkout 08 *** Short Cut (26 Min)	14:00 FatAttack 08 ** Short Cut (26 Min)		14:00 RückenFit 05 * Short Cut (26 Min)	14:00
15:00	14:27 CoreWork 03 ** Short Cut (25 Min)	14:30 FunCruiser ** Short Cut (26 Min)	14:30 CoreWork 03 ** Short Cut (25 Min)	14:30 FunCruiser ** Short Cut (26 Min)	14:27 CoreWork 06 *** Short Cut (26 Min)	14:30 Pilates 01 * Short Cut (27 Min)	14:30 CoreWork 03 ** Short Cut (25 Min)	15:00
15:30	15:00 BauchBeinePo 05 *** Short Cut (26 Min)	15:00 TotalBodyWorkout 05 *** Short Cut (26 Min)	15:00 Catch Me ** Short Cut (27 Min)	15:00 CoreWork 06 *** Short Cut (26 Min)	15:00 TotalBodyWorkout 08 *** Short Cut (26 Min)	15:00 RückenFit 07 * Short Cut (26 Min)	15:00 TotalBodyWorkout 07 ** Short Cut (26 Min)	15:00
16:00	15:30 TotalBodyWorkout 01 ** Short Cut (27 Min)	15:30 FatAttack 09 ** Short Cut (26 Min)	15:30 RückenFit 02 * Short Cut (27 Min)	15:30 BauchBeinePo 02 ** Short Cut (27 Min)	15:30 RückenFit 06 * Short Cut (26 Min)	15:30 Combat 01 *** Short Cut (27 Min)	15:30 BauchBeinePo 05 *** Short Cut (26 Min)	16:00
16:30	16:00 TotalBodyWorkout 01 ** Short Cut (27 Min)	16:00 Combat 01 *** Short Cut (27 Min)	16:00 Pilates 03 * Short Cut (27 Min)	16:00 TotalBodyWorkout 02 ** Short Cut (27 Min)	16:00 Pilates 02 * Short Cut (26 Min)	16:00 BauchBeinePo 02 ** Short Cut (27 Min)	16:00 Combat 01 *** Short Cut (27 Min)	16:00
17:00	16:30 CoreWork 03 ** Short Cut (25 Min)	16:30 BauchBeinePo 05 *** Short Cut (26 Min)	16:30 Combat 02 *** Short Cut (27 Min)	16:30 CoreWork 06 *** Short Cut (26 Min)	16:30 Combat 02 *** Short Cut (27 Min)	16:30 FatAttack 07 ** Short Cut (25 Min)	16:30 RückenFit 03 * Short Cut (26 Min)	17:00
17:30	17:00 FatAttack 06 ** Short Cut (26 Min)	17:00 TotalBodyWorkout 03 ** Short Cut (27 Min)	17:00 TotalBodyWorkout 04 ** Short Cut (26 Min)	17:00 Combat 01 *** Short Cut (27 Min)	17:00 BauchBeinePo 06 *** Short Cut (26 Min)	17:00 CoreWork 03 ** Short Cut (25 Min)	17:00 FatAttack 07 ** Short Cut (25 Min)	17:00
18:00	17:30 BauchBeinePo 01 ** Short Cut (27 Min)	17:30 Combat 01 *** Short Cut (27 Min)	17:30 BauchBeinePo 05 *** Short Cut (26 Min)	17:30 RückenFit 04 ** Short Cut (26 Min)	17:30 FatAttack 05 ** Short Cut (26 Min)	17:30 Pilates 03 * Short Cut (27 Min)	17:30 CoreWork 05 ** Short Cut (26 Min)	18:00
18:30	18:00 Combat 02 *** Short Cut (27 Min)	18:00 CoreWork 03 ** Short Cut (25 Min)	18:00 Pilates 02 * Short Cut (26 Min)	18:00 Pilates 01 * Short Cut (27 Min)	17:57 Catch Me ** Short Cut (27 Min)	18:00 BauchBeinePo 08 ** Short Cut (26 Min)	18:00 Combat 01 *** Short Cut (27 Min)	18:00
19:00	18:30 TotalBodyWorkout 01 ** Short Cut (27 Min)	18:30 TotalBodyWorkout 06 ** Short Cut (25 Min)		18:30 FatAttack 09 ** Short Cut (26 Min)	18:30 BauchBeinePo 04 ** Short Cut (26 Min)		18:30 Pilates 02 * Short Cut (26 Min)	19:00
19:30	19:00 BauchBeinePo 06 *** Short Cut (26 Min)	19:00 Combat 01 *** Short Cut (27 Min)		19:00 BauchBeinePo 05 *** Short Cut (26 Min)	19:00 FatAttack 09 ** Short Cut (26 Min)		19:00 2 Pack * Short Cut (28 Min)	19:00
20:00	19:30 Pilates 04 * Short Cut (27 Min)	19:30 BauchBeinePo 02 ** Short Cut (27 Min)		19:30 FatAttack 09 ** Short Cut (26 Min)	19:30 TotalBodyWorkout 03 ** Short Cut (27 Min)		19:30 CoreWork 03 ** Short Cut (25 Min)	20:00
21:00								21:00
22:00								22:00
23:00								23:00

Die CyberConcept Classes sind in 3 Technik-Level unterteilt, die farblich und durch Sternchen (*, ** oder ***) gekennzeichnet sind.

Level *: Anfänger/fortgeschrittene Anfänger

Level **: Fortgeschrittene

Level ***: hoher Anspruch auch für Fortgeschrittene



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