

Goldjunge Fitness Club Terminplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
LES MILLS BODYSTEP CLASSIC 5:00AM - 5:45AM	LES MILLS BODYJAM 5:00AM - 5:45AM	LES MILLS BODYSTEP CLASSIC 5:00AM - 5:45AM	LES MILLS BODYJAM 5:00AM - 5:45AM	LES MILLS BODYSTEP CLASSIC 5:00AM - 5:45AM	LES MILLS BODYJAM 5:00AM - 5:45AM	LES MILLS BODYSTEP CLASSIC 5:00AM - 5:45AM
LES MILLS BODYBALANCE 6:00AM - 6:45AM	LES MILLS BODYCOMBAT 6:00AM - 6:45AM	LES MILLS BODYPUMP 6:00AM - 6:45AM	LES MILLS BODYBALANCE 6:00AM - 6:45AM	LES MILLS BODYCOMBAT 6:00AM - 6:45AM	LES MILLS BODYPUMP 6:00AM - 6:45AM	LES MILLS BODYCOMBAT 6:00AM - 6:45AM
LES MILLS BODYCOMBAT 7:00AM - 7:45AM	LES MILLS BODYPUMP 7:00AM - 7:45AM	LES MILLS BODYBALANCE 7:00AM - 7:45AM	LES MILLS BODYCOMBAT 7:00AM - 7:45AM	LES MILLS BODYPUMP 7:00AM - 7:45AM	LES MILLS BODYBALANCE BEGINNER 7:00AM - 7:30AM	LES MILLS BODYPUMP 7:00AM - 8:00AM
LES MILLS BODYPUMP 8:00AM - 8:30AM	LES MILLS BODYBALANCE 8:00AM - 8:30AM	LES MILLS BODYCOMBAT 8:00AM - 8:30AM	LES MILLS BODYPUMP 8:00AM - 8:30AM	LES MILLS BODYBALANCE 8:00AM - 8:30AM	LES MILLS BODYCOMBAT 8:00AM - 8:30AM	LES MILLS BODYBALANCE BEGINNER 8:30AM - 8:50AM
LES MILLS BODYBALANCE BEGINNER 8:30AM - 8:50AM	LES MILLS BODYSTEP ATHLETIC 9:00AM - 9:45AM	LES MILLS BODYBALANCE BEGINNER 8:30AM - 8:50AM	LES MILLS BODYSTEP ATHLETIC 9:00AM - 9:45AM	LES MILLS BODYBALANCE BEGINNER 8:30AM - 8:50AM	LES MILLS BODYSTEP ATHLETIC 9:00AM - 9:45AM	LES MILLS BODYBALANCE 9:00AM - 10:00AM
LES MILLS BODYATTACK 9:00AM - 9:45AM	LES MILLS BODYATTACK 10:00AM - 10:45AM	LES MILLS BODYATTACK 9:00AM - 9:45AM	LES MILLS BODYATTACK 10:00AM - 10:45AM	LES MILLS BODYATTACK 9:00AM - 9:45AM	LES MILLS BODYATTACK 10:00AM - 10:45AM	LES MILLS BODYCOMBAT 10:00AM - 11:00AM
LES MILLS BODYSTEP ATHLETIC 10:00AM - 10:45AM	LES MILLS BODYSTEP CLASSIC 11:00AM - 11:45AM	LES MILLS BODYSTEP ATHLETIC 10:00AM - 10:45AM	LES MILLS BODYSTEP CLASSIC 11:00AM - 11:45AM	LES MILLS BODYSTEP ATHLETIC 10:00AM - 10:45AM	LES MILLS BODYSTEP CLASSIC 11:00AM - 11:45AM	LES MILLS BODYBALANCE BEGINNER 12:00PM - 12:30PM
LES MILLS BODYJAM 11:00AM - 11:45AM	LES MILLS BODYCOMBAT 12:00PM - 12:45PM	LES MILLS BODYJAM 11:00AM - 11:45AM	LES MILLS BODYBALANCE 12:00PM - 12:45PM	LES MILLS BODYJAM 11:00AM - 11:45AM	LES MILLS BODYPUMP 12:00PM - 12:45PM	LES MILLS BODYBALANCE 12:30PM - 1:00PM
LES MILLS BODYBALANCE 12:00PM - 12:45PM	LES MILLS BODYJAM 1:00PM - 1:45PM	LES MILLS BODYPUMP 12:30PM - 1:15PM	LES MILLS CORE 1:00PM - 1:45PM	LES MILLS BODYCOMBAT 12:00PM - 12:45PM	LES MILLS BODYJAM 1:00PM - 1:45PM	LES MILLS CORE 1:00PM - 1:45PM
LES MILLS CORE 1:00PM - 1:45PM	LES MILLS BODYBALANCE BEGINNER 2:00PM - 2:20PM	LES MILLS SH'BAM 2:00PM - 2:45PM	LES MILLS BODYBALANCE BEGINNER 2:00PM - 2:20PM	LES MILLS SH'BAM 2:00PM - 2:45PM	LES MILLS BODYBALANCE BEGINNER 2:00PM - 2:20PM	LES MILLS SH'BAM BEGINNER 2:00PM - 2:30PM
LES MILLS SH'BAM 2:00PM - 2:45PM	LES MILLS BODYBALANCE 2:20PM - 2:50PM	LES MILLS BODYBALANCE BEGINNER 2:00PM - 2:45PM	LES MILLS BODYBALANCE 2:20PM - 2:50PM	LES MILLS BODYBALANCE BEGINNER 2:00PM - 2:45PM	LES MILLS BODYBALANCE 2:20PM - 2:50PM	LES MILLS SH'BAM 2:30PM - 3:00PM
LES MILLS BODYBALANCE BEGINNER 3:00PM - 3:20PM	LES MILLS barre 3:00PM - 3:45PM	LES MILLS BODYBALANCE 3:00PM - 3:20PM	LES MILLS barre 3:00PM - 3:45PM	LES MILLS BODYBALANCE BEGINNER 3:00PM - 3:20PM	LES MILLS barre 3:00PM - 3:45PM	LES MILLS BODYBALANCE BEGINNER 3:00PM - 3:20PM
LES MILLS BODYBALANCE 3:20PM - 3:50PM	LES MILLS BODYPUMP 4:00PM - 4:45PM	LES MILLS BODYBALANCE 3:20PM - 3:50PM	LES MILLS BODYCOMBAT 4:00PM - 4:45PM	LES MILLS BODYPUMP 4:00PM - 4:45PM	LES MILLS BODYBALANCE 4:00PM - 4:45PM	LES MILLS BODYBALANCE 3:20PM - 3:50PM
LES MILLS BODYCOMBAT 4:00PM - 4:45PM	LES MILLS BODYSTEP ATHLETIC 5:00PM - 5:45PM	LES MILLS SH'BAM 5:00PM - 5:45PM	LES MILLS BODYSTEP ATHLETIC 5:00PM - 5:45PM	LES MILLS SH'BAM 5:00PM - 5:45PM	LES MILLS BODYSTEP ATHLETIC 5:00PM - 5:45PM	LES MILLS BODYPUMP 4:00PM - 4:45PM
LES MILLS SH'BAM 5:00PM - 5:45PM	LES MILLS BODYBALANCE 6:00PM - 7:00PM	LES MILLS BODYCOMBAT 6:00PM - 7:00PM	LES MILLS BODYPUMP 6:00PM - 7:00PM	LES MILLS BODYBALANCE 6:00PM - 7:00PM	LES MILLS BODYCOMBAT 6:00PM - 7:00PM	LES MILLS BODYCOMBAT 5:00PM - 5:45PM
LES MILLS BODYPUMP 6:00PM - 7:00PM	LES MILLS BODYJAM 7:00PM - 7:45PM	LES MILLS BODYSTEP CLASSIC 7:00PM - 7:45PM	LES MILLS BODYJAM 7:00PM - 7:45PM	LES MILLS BODYSTEP CLASSIC 7:00PM - 7:45PM	LES MILLS BODYJAM 7:00PM - 7:45PM	LES MILLS BODYPUMP 6:00PM - 7:00PM

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LES MILLS BODYBALANCE 8:00PM - 8:45PM	LES MILLS BODYPUMP 9:00PM - 9:45PM	LES MILLS BODYBALANCE 9:00PM - 9:45PM	LES MILLS BODYPUMP 9:00PM - 9:45PM	LES MILLS BODYPUMP 9:00PM - 9:45PM	LES MILLS BODYCOMBAT 9:00PM - 9:45PM	LES MILLS BODYCOMBAT 8:00PM - 8:45PM
LES MILLS BODYPUMP 9:00PM - 9:45PM	LES MILLS barre 10:00PM - 10:45PM	LES MILLS CORE 10:00PM - 10:45PM	LES MILLS barre 10:00PM - 10:45PM	LES MILLS CORE 10:00PM - 10:45PM	LES MILLS barre 10:00PM - 10:45PM	LES MILLS BODYPUMP 9:00PM - 9:45PM
LES MILLS CORE 10:00PM - 10:45PM	LES MILLS BODYBALANCE 11:00PM - 11:30PM	LES MILLS BODYBALANCE 11:00PM - 11:20PM	LES MILLS BODYBALANCE 11:00PM - 11:30PM	LES MILLS BODYBALANCE 11:00PM - 11:20PM	LES MILLS BODYBALANCE 11:00PM - 11:30PM	LES MILLS CORE 10:00PM - 10:45PM
LES MILLS BODYBALANCE 11:00PM - 11:20PM						LES MILLS BODYBALANCE 11:00PM - 11:20PM

LES MILLS BODYATTACK

BODYATTACK™ ist eine kraftvollere, von Sport inspirierte Training mit Bewegungen, die sportlichen Bewegungen wie Laufen, Longieren und Springen mit Kraftübungen wie Liegestützen und Kniebeugen kombinieren.

LES MILLS BODYJAM

BODYJAM™ ist die ultimative Kombination aus Musik, Kultur und Tanz. Wenn Sie tanzen möchten, gibt es nichts Vergleichbares.

LES MILLS BODYSTEP ATHLETIC

BODYSTEP™ ist ein Basic-Step-Programm, genau wie zu Fuß Treppen hinauf und hinab laufen. Dieses Ganzkörper-Cardio-Training wird Ihre Oberschenkel und Ihren Po wirklich in Form bringen.

LES MILLS BODYSTEP CLASSIC

BODYSTEP™ ist ein Basic-Step-Programm, genau wie zu Fuß Treppen hinauf und hinab laufen. Dieses Ganzkörper-Cardio-Training wird Ihre Oberschenkel und Ihren Po wirklich in Form bringen.

LES MILLS barre

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles and build core strength.

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi

and Pilates set to music. It will improve your mind, body and life.

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS BODYBALANCE

Learn the basic moves and format of a LES MILLS BODYBALANCE workout in this quick introduction.

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.

LES MILLS BODYBALANCE

Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS CORE

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

LES MILLS SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

LES MILLS SH'BAM

Learn the basic moves and format of a LES MILLS SH'BAM workout in this quick introduction.

