



CyberMoves

# Kursplan, gültig ab 06.03.2015



| Montag  | Dienstag   | Mittwoch  | Donnerstag  | Freitag   | Samstag   | Sonntag   |
|---|--|---|---|---|---|---|
| 07:00   |  |   |   |   |   |   |
| 07:30 RückenFit01 *<br>Short Cut (27 Min)           | 07:30 BodyVital 01 *<br>Short Cut (27 Min)         | 07:30 RückenFit01 *<br>Short Cut (27 Min)           | 07:30 BodyVital 01 *<br>Short Cut (27 Min)          | 07:30 RückenFit02 *<br>Short Cut (27 Min)           |   |   |
| 08:00   |  |   |   |   | 08:00 BodyVital 01 *<br>Short Cut (27 Min)          | 08:00 TotalBodyWorkout 04 **<br>Short Cut (26 Min)  |
| 08:30 TotalBodyWorkout 05 ***<br>Short Cut (26 Min) | 08:30 Pilates01 *<br>Short Cut (27 Min)            | 08:30 RückenFit02 *<br>Short Cut (27 Min)           | 08:30 RückenFit01 *<br>Short Cut (27 Min)           | 08:30 TotalBodyWorkout 05 ***<br>Short Cut (26 Min) |   |   |
| 09:00   |  |   |   |   | 09:00 Pilates 04 *<br>Short Cut (27 Min)            | 09:00 TotalBodyWorkout 04 **<br>Short Cut (26 Min)  |
| 09:30 Pilates02 *<br>Short Cut (26 Min)             | 09:30 BodyVital 01 *<br>Short Cut (27 Min)         | 09:30 RückenFit02 *<br>Short Cut (27 Min)           | 09:30 RückenFit02 *<br>Short Cut (27 Min)           | 09:30 Basic Stretching *<br>CyberTraining (12 Min)  |   |   |
| 10:00   |  |   |   |   | 10:00 TotalBodyWorkout 01 **<br>Short Cut (27 Min)  | 10:00 FatAttack 01 ***<br>Short Cut (27 Min)        |
| 10:30 RückenFit02 *<br>Short Cut (27 Min)           | 10:30 RückenFit01 *<br>Short Cut (27 Min)          | 10:30 FatAttack 04 ***<br>Short Cut (26 Min)        | 10:30 Pilates02 *<br>Short Cut (26 Min)             | 10:30 Pilates02 *<br>Short Cut (26 Min)             |   |   |
| 11:00   |  |   |   |   | 11:00 RückenFit02 *<br>Short Cut (27 Min)           | 11:00 FatAttack 01 ***<br>Short Cut (27 Min)        |
| 11:30 Basic Stretching *<br>CyberTraining (12 Min)  | 11:30 Pilates02 *<br>Short Cut (26 Min)            | 11:30 TotalBodyWorkout 05 ***<br>Short Cut (26 Min) | 11:30 RückenFit02 *<br>Short Cut (27 Min)           | 11:30 Combat 02 ***<br>Short Cut (27 Min)           |   |   |
| 12:00   |  |   |   |   | 12:00 TotalBodyWorkout 01 **<br>Short Cut (27 Min)  | 12:00 TotalBodyWorkout 05 ***<br>Short Cut (26 Min) |
| 12:30 BauchBeinePo 02 **<br>Short Cut (27 Min)      | 12:30 TotalBodyWorkout 01 **<br>Short Cut (27 Min) | 12:30 RückenFit02 *<br>Short Cut (27 Min)           | 12:30 TotalBodyWorkout 05 ***<br>Short Cut (26 Min) | 12:30 Pilates 04 *<br>Short Cut (27 Min)            |   |   |
| 13:00   |  |   |   |   | 13:00 BauchBeinePo 05 ***<br>Short Cut (26 Min)     | 13:00 Pilates 03 *<br>Short Cut (27 Min)            |
| 13:30 TotalBodyWorkout 05 ***<br>Short Cut (26 Min) | 13:30 Combat 01 ***<br>Short Cut (27 Min)          | 13:30 RückenFit01 *<br>Short Cut (27 Min)           | 13:30 Pilates 04 *<br>Short Cut (27 Min)            | 13:30 TotalBodyWorkout 05 ***<br>Short Cut (26 Min) |   |   |
| 14:00   |  |   |   |   | 14:00 RückenFit02 *<br>Short Cut (27 Min)           | 14:00 RückenFit02 *<br>Short Cut (27 Min)           |
| 14:30 CoreWork 03 **<br>Short Cut (25 Min)          | 14:30 Basic Stretching *<br>CyberTraining (12 Min) | 14:30 FatAttack 01 ***<br>Short Cut (27 Min)        | 14:30 Pilates01 *<br>Short Cut (27 Min)             | 14:30 FatAttack 04 ***<br>Short Cut (26 Min)        |   |   |
| 15:00   |  |   |   |   | 15:00 RückenFit02 *<br>Short Cut (27 Min)           | 15:00 BauchBeinePo 05 ***<br>Short Cut (26 Min)     |
| 15:30 FatAttack 01 ***<br>Short Cut (27 Min)        | 15:30 BodyVital 01 *<br>Short Cut (27 Min)         | 15:30 CoreWork 01 **<br>Short Cut (29 Min)          | 15:30 RückenFit01 *<br>Short Cut (27 Min)           | 15:30 FatAttack 04 ***<br>Short Cut (26 Min)        |   |   |
| 16:00   |  |   |   |   | 16:00 Combat 01 ***<br>Short Cut (27 Min)           | 16:00 TotalBodyWorkout 03 **<br>Short Cut (27 Min)  |
| 16:30 FatAttack 01 ***<br>Short Cut (27 Min)        | 16:30 RückenFit02 *<br>Short Cut (27 Min)          | 16:30 CoreWork 01 **<br>Short Cut (29 Min)          | 16:30 Combat 02 ***<br>Short Cut (27 Min)           | 16:30 Basic Stretching *<br>CyberTraining (12 Min)  |   |   |
| 17:00   |  |   |   |   | 17:00 TotalBodyWorkout 05 ***<br>Short Cut (26 Min) | 17:00 TotalBodyWorkout 03 **<br>Short Cut (27 Min)  |
| 17:30 Pilates 03 *<br>Short Cut (27 Min)            | 17:30 Basic Stretching *<br>CyberTraining (12 Min) | 17:30 BauchBeinePo 04 **<br>Short Cut (26 Min)      | 17:30 RückenFit01 *<br>Short Cut (27 Min)           | 17:30 Combat 02 ***<br>Short Cut (27 Min)           |   |   |
| 18:00   |  |   |   |   | 18:00 Combat 02 ***<br>Short Cut (27 Min)           | 18:00 Basic Stretching *<br>CyberTraining (12 Min)  |
| 18:30 CoreWork 04 **<br>Short Cut (26 Min)          | 18:30 Combat 02 ***<br>Short Cut (27 Min)          | 18:30 Basic Stretching *<br>CyberTraining (12 Min)  | 18:30 CoreWork 03 **<br>Short Cut (25 Min)          | 18:30 Basic Stretching *<br>CyberTraining (12 Min)  |   |   |
| 19:00   |  |   |   |   |   |   |
| 19:30 TotalBodyWorkout 05 ***<br>Short Cut (26 Min) | 19:30 TotalBodyWorkout 03 **<br>Short Cut (27 Min) | 19:30 Pilates 04 *<br>Short Cut (27 Min)            | 19:30 RückenFit02 *<br>Short Cut (27 Min)           | 19:30 Combat 01 ***<br>Short Cut (27 Min)           |   |   |
| 20:00   |  |   |   |   |   |   |
| 20:30 Combat 02 ***<br>Short Cut (27 Min)           | 20:30 FatAttack 04 ***<br>Short Cut (26 Min)       | 20:30 RückenFit02 *<br>Short Cut (27 Min)           | 20:30 FatAttack 04 ***<br>Short Cut (26 Min)        | 20:30 RückenFit01 *<br>Short Cut (27 Min)           |   |   |
| 21:00   |  |   |   |   |   |   |
| 21:30 Pilates01 *<br>Short Cut (27 Min)             | 21:30 RückenFit02 *<br>Short Cut (27 Min)          | 21:30 Basic Stretching *<br>CyberTraining (12 Min)  | 21:30 Pilates 04 *<br>Short Cut (27 Min)            | 21:30 TotalBodyWorkout 03 **<br>Short Cut (27 Min)  |   |   |
| 22:00   |  |   |   |   |   |   |
| 23:00   |  |   |   |   |   |   |

Die CyberMoves 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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