

## MONTAG

09:00 10:00	Spinning®	R4
10:00 11:00	Rückenfit	R2
17:00 17:15	Bauch PUR	R1
17:10 18:10	LesMills BODYPUMP®	R2
17:15 18:00	Go Functional	R3
17:30 18:30	Spinning®	R4
18:15 19:15	LesMills BODYATTACK®	R2
18:15 19:45	X-Fit®	R3
18:35 19:35	Rückenfit POWER	R1
18:45 19:45	Spinning®	R4

## DIENSTAG

09:00 10:00	Rückenfit	R2
16:45 17:30	Go Athletic	R3
17:00 17:15	Bauch PUR	R1
17:20 18:15	Bodyforming	R1
18:20 19:20	LesMills BODYPUMP®	R2
18:30 19:30	Step	R1
19:30 20:15	LesMills TONE®	R2
20:25 21:10	LesMills BODYBALANCE®	R2

## MITTWOCH

10:00 11:00	LesMills BODYBALANCE®	R2
17:00 17:15	Bauch PUR	R1
17:30 19:00	Yoga	R2
17:45 18:45	HIIT	R1
18:00 19:00	Spinning®	R4
18:45 20:15	X-Fight	R3
19:10 20:05	LesMills BODYPUMP®	R2

## DONNERSTAG

10:00 10:45	Rückenfit X Balance	R2
17:00 17:15	Bauch PUR	R1
17:00 18:00	LesMills BODYPUMP®	R2
17:20 18:20	Bodyforming	R1
18:10 19:10	LesMills BODYCOMBAT®	R2
18:15 19:00	Go Functional	R3
18:30 19:30	Yoga	R1
19:15 20:15	LesMills BODYATTACK®	R2
19:15 20:15	Spinning®	R4

## FREITAG

09:30 10:15	Best Fit	R2
10:20 11:20	LesMills BODYBALANCE®	R2
17:00 17:15	Bauch PUR	R1
17:20 18:20	Bodyforming	R1
17:30 18:15	LesMills TONE®	R2
18:30 19:15	LesMills BODYBALANCE®	R1
18:30 19:30	LesMills BODYPUMP®	R2

## SAMSTAG

13:00 15:00	Xletix <sup>(2)</sup>	R3
13:00 15:30	Selbstverteidigung <sup>(1)</sup>	R1
14:45 15:45	LesMills BODYPUMP®	R2
16:00 17:00	LesMills BODYCOMBAT®	R2

<sup>(1)</sup> = Jeden 1. Samstag im Monat  
<sup>(2)</sup> = Jeden 3. Samstag im Monat

## SONNTAG

11:00 12:00	LesMills BODYATTACK®	R2
12:15 13:15	Bodyforming	R2

*Notizen an mich!*

Coming soon:  
TOP Onlinekurse  
in unserer neuen  
ULC Mediathek!

R1 = Raum 1 | R2 = Raum 2 / Rock Power | R3 = Raum 3 / Rock Cross | R4 = Raum 4 / Rock Ride

Bitte melde dich für alle Kurse über unsere ULC Fitness APP an.