

# TowerPower

Sportclub im TurmCenter



Fitness · Kurse · Gesundheit · Reha

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10.00-11.00 K <b>BODYFIT</b>	10.00-11.00 K <b>BODYFIT</b>	10.00-11.00 K <b>BODYFIT</b>	10.00-11.00 K <b>BODYFIT</b>	10.00-11.00 K <b>BODYFIT</b>		
					11.00-12.00 K <b>LES MILLS</b> BODYPUMP	11.00-12.00 K <b>SUNDAY SPECIAL</b>
					12.00-13.00 FA <b>BODYCROSS</b>	
16.30-17.30 K <b>JUMPING</b> FITNESS						
17.30-18.30 K <b>STEP</b>	17.30-18.30 K <b>AEROBIC</b> <sub>MIX</sub>	17.30-18.00 K <b>YOGA</b>	17.30-18.30 K <b>LES MILLS</b> BODYPUMP	17.30-18.30 K <b>BODYFIT</b>		
	18.00-19.00 FA <b>BODYCROSS</b>	18.00-18.30 FA <b>QUICK</b> <b>WORKOUT</b>	18.00-19.00 FA <b>BODYCROSS</b>			
18.30-19.30 K <b>BODYFIT</b>	18.30-19.30 K <b>ZUMBA</b>	18.30-19.30 K <b>JUMPING</b> FITNESS	18.30-19.30 K <b>STEP</b>	18.30-19.30 K <b>LES MILLS</b> BODYPUMP		
19.00-20.00 FA <b>BODYCROSS</b>	19.00-19.30 FA <b>QUICK</b> <b>WORKOUT</b>					
19.30-20.30 K <b>SCHWINN</b> CYCLING	19.30-20.30 K <b>LES MILLS</b> BODYPUMP	19.30-20.30 K <b>SCHWINN</b> CYCLING	19.30-20.30 K <b>JUMPING</b> FITNESS	19.30-20.30 K <b>SCHWINN</b> CYCLING		

## Öffnungszeiten

Montag - Freitag 07:00-22:00  
Samstag - Sonntag 09:00-18:00

K: Kursraum  
FA: Functional Area

Gültig ab Juni 2021