

# TowerPower

Sportclub im TurmCenter

Fitness · Kurse · Gesundheit · Reha



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	9.30-10.15 K <b>YOGA</b>					
10.00-11.00 K <b>BODYFIT</b>	10.15-11.15 K <b>BODYFIT</b>	10.00-11.00 K <b>BODYFIT</b>	10.00-10.45 K <b>PILATES</b>	10.00-11.00 K <b>BODYFIT</b>	10.15-11.15 K <b>LES MILLS</b> BODYPUMP	
			10.45-11.30 K <b>BODYFIT</b> Langhantel		11.15-11.45 K <b>LES MILLS</b> <b>CORE</b>	11.00-12.00 K <b>TABATA</b>
						14.00-15.00 FA <b>BODYCROSS</b>
16.30-17.30 K <b>Jumping</b> FITNESS						
17.30-18.30 K <b>STEP &amp; BURN</b>	18.00-18.30 K <b>TABATA</b>	17.30-18.30 K <b>FIT MIX</b> Workout & Stretch	17.30-18.30 K <b>LES MILLS</b> BODYPUMP	17.00-18.00 K <b>FIT MIX</b>		
	18.30-19.30 FA <b>BODYCROSS</b>		18.30-19.30 FA <b>BODYCROSS</b>	18.00-18.45 K <b>STRETCH &amp; RELAX</b>		
18.30-19.30 K <b>FIT MIX</b> Workout & Stretch	18.30-19.30 K <b>ZUMBA</b>	18.30-19.30 K <b>Jumping</b> FITNESS	18.30-19.30 K <b>STEP &amp; DANCE</b>	19.00-20.00 K <b>SCHWINN</b> CYCLING		
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			

## Öffnungszeiten

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

K: Kursraum  
FA: Functional Area

Gültig ab 01.12.2021