

Programme sportif du 11.01.2021 - 04.04.2021

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
	08:30 - 09:30	Indoor Cycling (I3)		Indoor Cycling (I5)		Indoor Cycling (I9) 9:00-10:00
	10:00 - 11:00	Indoor Cycling (I4)		Indoor Cycling (I6)		Indoor Cycling (I10) 10:30-11:30
Mëttesstonn	12:00 - 12:40	Strength (S1)	Endurance (E3)	Mobility (M1)	Power (P5)	Core (C5)
	13:10 - 13:50	Strength (S2)	Endurance (E4)	Mobility (M2)	Power (P6)	Core (C6)
	14:20 - 15:00	Strength (S3)	Endurance (E5)	Mobility (M3)	Power (P7)	Core (C7)
	16:00 - 16:40	Endurance (E1)		Mobility (M4)		
Afterwork	17:10 - 17:50	Endurance (E2)	Power (P1)	Core (C1)	Mobility (M5)	Strength (S4)
	18:20 - 19:00	Indoor Cycling (I1) 18:20-19:20	Power (P2)	Core (C2)	Indoor Cycling (I7) 18:20-19:20	Strength (S5)
	19:30 - 20:10	Indoor Cycling (I2) 19:50-20:50	Power (P3)	Core (C3)	Indoor Cycling (I8) 19:50-20:50	Strength (S6)
	20:40 - 21:20		Power (P4)	Core (C4)		Strength (S7)

Signe / Zeichen	Signification	Bedeutung	Public / Publikum
	Renforcement musculaire	Muskeltraining	Cross Training; Fitness & Gym; Body Shape
	Endurance	Ausdauer	Zumba; Piloxing; Cardio Trampoline Indoor Cycling; Laftreff; Nordic Walking
	Mobilité & Flexibilité	Beweglichkeit & Flexibilität	Yoga; Pilates; Pilates Stretch
	Core Strength & Coordination	Rumpfstabilität & Koordination	Soft Gym; Fitness & Gym