



CyberMoves

Kursplan, gültig ab 29.12.2016



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	07:00 GF Combat 02 *** Short Cut (27 Min)	07:00 GF FatAttack 04 *** Short Cut (26 Min)	07:00 GF TotalBodyWorkout 03 ** Short Cut (27 Min)	07:00 BauchBeinePo 03 ** Short Cut (26 Min)	07:00 GF TotalBodyWorkout 07 ** Short Cut (26 Min)	07:00 CoreWork 05 ** Short Cut (26 Min)	07:00 GF FatAttack 04 *** Short Cut (26 Min)	07:00
08:00	07:30 GF Combat 01 *** Short Cut (27 Min)	07:30 FatAttack 07 ** Short Cut (25 Min)	07:30 GF TotalBodyWorkout 06 ** Short Cut (25 Min)	07:30 BauchBeinePo 04 ** Short Cut (26 Min)	07:30 CoreWork 10 ** Short Cut (26 Min)	07:30 CoreWork 10 ** Short Cut (26 Min)	07:30 GF FatAttack 01 *** Short Cut (27 Min)	08:00
09:00	09:00 TotalBodyWorkout 06 ** Short Cut (25 Min)		09:00 BodyVital 01 * Short Cut (27 Min)	09:00 GF BauchBeinePo 08 ** Short Cut (26 Min)	09:00 CoreWork 05 ** Short Cut (26 Min)			09:00
10:00		10:00 GF Combat 02 *** Short Cut (27 Min)		09:30 GF FatAttack 04 *** Short Cut (26 Min)		09:30 BauchBeinePo 03 ** Short Cut (26 Min)	09:30 RückenFit 06 * Short Cut (26 Min)	10:00
11:00		10:30 GF Combat 01 *** Short Cut (27 Min)	10:30 TotalBodyWorkout 07 ** Short Cut (26 Min)	10:00 GF FatAttack 01 *** Short Cut (27 Min)		10:00 GF BauchBeinePo 05 *** Short Cut (26 Min)	10:00 Pilates 04 * Short Cut (27 Min)	11:00
12:00		11:00 Pilates 02 * Short Cut (27 Min)	11:00 CoreWork 10 ** Short Cut (26 Min)					11:00
13:00	11:30 GF FatAttack 07 ** Short Cut (25 Min)	11:30 RückenFit 05 * Short Cut (26 Min)	11:30 BauchBeinePo 04 ** Short Cut (26 Min)	11:30 Pilates 04 * Short Cut (27 Min)	11:30 BodyVital 01 * Short Cut (27 Min)			12:00
14:00						12:00 TotalBodyWorkout 07 ** Short Cut (26 Min)	12:00 GF CoreWork 05 ** Short Cut (26 Min)	12:00
15:00	12:30 GF Combat 02 *** Short Cut (27 Min)	12:30 GF FatAttack 04 *** Short Cut (26 Min)	12:30 TotalBodyWorkout 03 ** Short Cut (27 Min)	12:30 BauchBeinePo 03 ** Short Cut (26 Min)	12:30 GF TotalBodyWorkout 07 ** Short Cut (26 Min)	12:30 GF TotalBodyWorkout 05 *** Short Cut (26 Min)	12:30 GF CoreWork 07 ** Short Cut (26 Min)	13:00
16:00	13:00 GF Combat 01 *** Short Cut (27 Min)	13:00 FatAttack 06 ** Short Cut (26 Min)	13:00 GF TotalBodyWorkout 06 ** Short Cut (25 Min)	13:00 BauchBeinePo 04 ** Short Cut (26 Min)	13:00 TotalBodyWorkout 06 ** Short Cut (25 Min)			13:00
17:00						14:30 GF CoreWork 04 ** Short Cut (26 Min)	14:30 GF TotalBodyWorkout 07 ** Short Cut (26 Min)	15:00
18:00			15:00 TotalBodyWorkout 07 ** Short Cut (26 Min)			15:00 GF CoreWork 07 ** Short Cut (26 Min)	15:00 GF TotalBodyWorkout 05 *** Short Cut (26 Min)	15:00
19:00			15:30 GF TotalBodyWorkout 08 *** Short Cut (26 Min)					16:00
20:00			16:00 BauchBeinePo 04 ** Short Cut (26 Min)					16:00
21:00			16:30 GF BauchBeinePo 06 *** Short Cut (26 Min)					17:00
22:00			17:00 GF Combat 02 *** Short Cut (27 Min)			17:00 GF FatAttack 04 *** Short Cut (26 Min)	17:00 GF Combat 02 *** Short Cut (27 Min)	17:00
23:00						17:30 GF FatAttack 01 *** Short Cut (27 Min)	17:30 GF Combat 01 *** Short Cut (27 Min)	18:00
								19:00
					19:30 CoreWork 10 ** Short Cut (26 Min)	19:30 GF BauchBeinePo 07 ** Short Cut (26 Min)	19:30 TotalBodyWorkout 07 ** Short Cut (26 Min)	20:00
					20:00 CoreWork 09 *** Short Cut (25 Min)	20:00 GF BauchBeinePo 06 *** Short Cut (26 Min)	20:00 TotalBodyWorkout 02 ** Short Cut (27 Min)	20:00
	20:30 GF Combat 02 *** Short Cut (27 Min)			20:30 GF Combat 02 *** Short Cut (27 Min)				21:00
	21:00 GF Combat 01 *** Short Cut (27 Min)		21:00 GF FatAttack 04 *** Short Cut (26 Min)	21:00 GF Combat 01 *** Short Cut (27 Min)				21:00
	21:30 GF TotalBodyWorkout 07 ** Short Cut (26 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

