

- * für Einsteiger und zur Regeneration
- ** für Geübte, Steigerung der Fitness
- *** für Geübte, Steigerung Kraft-Ausdauer
- **** für Fortgeschrittene
- ***** für Leistungsorientierte

FITNESS HAUS
Unterschleissheim



bitte immer ein Handtuch unterlegen
bitte pünktlich zu den Stunden kommen
pro Stunde empfehlen wir 1/2 Liter Getränk
Maximale Teilnehmerzahl Spinning: 25 Teilnehmer

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------|---|---|---|--|---|---------|---|-------|---|-----------|--------|----------|-------|---|-----------|----------|----------|-------|---|-----------|----------|------------|-------|---|-----------|------------|---------|-------|---|-----------|---------|---------|-------|---|-----------|---------|---------|-------|---|-----------|---------|
| 08:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 09:00 | | 09:00 - 10:00 Success Spinning**/** mit Manuela | | 09:00 - 10:00 start happy Spinning** mit Manuela | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | | | | 10:00 - 11:00 easy Spinning* mit Manuela | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | 10:45 - 11:45 Hapy Sunday **/** mit Emily | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | Öffnungszeiten: <table border="1"> <tr> <td>Montag</td> <td>08:00</td> <td>-</td> <td>22:00 Uhr</td> <td>Montag</td> </tr> <tr> <td>Dienstag</td> <td>07:00</td> <td>-</td> <td>22:00 Uhr</td> <td>Dienstag</td> </tr> <tr> <td>Mittwoch</td> <td>07:00</td> <td>-</td> <td>22:00 Uhr</td> <td>Mittwoch</td> </tr> <tr> <td>Donnerstag</td> <td>07:00</td> <td>-</td> <td>22:00 Uhr</td> <td>Donnerstag</td> </tr> <tr> <td>Freitag</td> <td>07:00</td> <td>-</td> <td>22:00 Uhr</td> <td>Freitag</td> </tr> <tr> <td>Samstag</td> <td>08:00</td> <td>-</td> <td>20:00 Uhr</td> <td>Samstag</td> </tr> <tr> <td>Sonntag</td> <td>09:00</td> <td>-</td> <td>20:00 Uhr</td> <td>Sonntag</td> </tr> </table> | | Montag | 08:00 | - | 22:00 Uhr | Montag | Dienstag | 07:00 | - | 22:00 Uhr | Dienstag | Mittwoch | 07:00 | - | 22:00 Uhr | Mittwoch | Donnerstag | 07:00 | - | 22:00 Uhr | Donnerstag | Freitag | 07:00 | - | 22:00 Uhr | Freitag | Samstag | 08:00 | - | 20:00 Uhr | Samstag | Sonntag | 09:00 | - | 20:00 Uhr | Sonntag |
| Montag | 08:00 | - | 22:00 Uhr | Montag | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | 07:00 | - | 22:00 Uhr | Dienstag | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | 07:00 | - | 22:00 Uhr | Mittwoch | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | 07:00 | - | 22:00 Uhr | Donnerstag | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | 07:00 | - | 22:00 Uhr | Freitag | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Samstag | 08:00 | - | 20:00 Uhr | Samstag | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sonntag | 09:00 | - | 20:00 Uhr | Sonntag | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | | 18:15 - 19:15 Hits & Charts**/** mit Luca | | 18:30 - 19:30 Power Spinning**/** mit Nico | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | 18:30 - 19:30 Rock & Oldies**/** mit Nico | 19:15 - 20:15 für Einsteiger* mit Luca | 19:15 - 20:45 Spinning Masterclass**** mit Nico OUTDOOR 90 Minuten | 19:30 - 20:00 Extra: Hill Climb mit Nico | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

