



SPORTAREAL

LEITHANA

KURSPLAN

	7:30 - 8:20	8:30 - 9:20	9:30 - 10:20	10:30 - 11:20	12:00 - 15:00	15:00 - 15:50	16:00 - 16:50	17:00 - 17:50	18:00 - 18:50	19:00 - 19:50	20:00 - 20:50	
MONTAG						SENIOR	HIIT				POWER CAMP	
DIENSTAG	HIIT			SENIOR				PILOXING				
MITTWOCH			JOGA	FIT BALL		KIDS DANCE	SENIOR FIT	RUCKEN	JUMPING	JOGA	FIT DANCE	
DONNERSTAG	SENIOR	CIRCLE		HIIT								
FREITAG						SENIOR	TRX	FIT BALL CIRCLE	KIDS DANCE HIIT	JUMPING	JOGA POWER CAMP	
	9:00 - 9:50	10:00 - 10:50	11:00 - 11:50	12:00 - 12:50	13:00 - 13:50	14:00 - 14:50	15:00 - 15:50	16:00 - 16:50	17:00 - 17:50	18:00 - 18:50	19:00 - 19:50	20:00 - 20:50
SAMSTAG		PILOXING			RUCKEN	RUCKEN	FLOWIN	ZUMBA	KIDS DANCE	JUMPING	FIT DANCE	JOGA
SONNTAG	CIRCLE	HIIT	TRX		HIIT							

ORANGE GYM BY GEORGE PIPASIK

www.orange gym.at

www.leithana.at

Sportareal Leithana
Parkbadstrasse 6, Bruck an der Leitha,

HIIT High Intensity Interval Training
CIRCLE Circle Training

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