



GROUPFIT-PROGRAMM 10/04 – 09/07
Sommersemester 2017

Allgemeiner Hochschulsport
Scharnhorststr. 1, 21335 Lüneburg

ÖFFNUNGSZEITEN STUDIO 21:
Mo, Di, Mi, Fr 8–22 Uhr
Do 12–22 Uhr Sa, So 10–20 Uhr

Fon 04131.677-1106
hochschulsport@leuphana.de

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
8.30 – 9.30 h Kick and Punch	8.45 – 9.45 h Fighting Fit		14.15 – 15.15 h Bootcamp 1. Termin		10.30 – 11.30 h Saturday Surprise
12 – 13 h ZUMBA 1. Termin	14.30 – 15.30 h Power Workout	13.30 – 14.30 h Indoor Cycling	14.30 – 15.30 h DeepWORK 2. Termin	13 – 14 h Bootcamp 2. Termin	
13 – 14 h Figur Power	17 – 18 h DeepWORK 1. Termin	14.45 – 15.45 h Bike & Body	16 – 17 h Street Workout		
17 – 18 h BBRP			16 – 17 h ZUMBA 2. Termin		
18 – 19 h Body Strength	18 – 19 h Langhanteltraining		18.30 – 19.30 h Step Choreo		SONNTAG
19 – 20 h Kick Fit	19.10 – 20.10 h BBP	19.30 – 20.30 h Ab-Burner	19.30 – 20.30 h BodyWorkout & Flexibar		17 – 18 h Run and Pump
20.15 – 21.15 h Step Medium	20.10 – 21.10 h Aerobic Step Workout	20 – 21 h Rückenfit	20.30 – 21.30 h Full Body Challenge		18.30 – 19.30 h Tatort Workout

Schwerpunkte: ● = Kraft; ● = Ausdauer; ● = Beweglichkeit

2017/04

