

## SAMSTAG

|        |                                                      |                                                        |                                |
|--------|------------------------------------------------------|--------------------------------------------------------|--------------------------------|
| RAUM 1 | <b>STRONG nation</b><br>09:30 – 10:30 h              | <b>Rehasport</b><br>10:45 – 11:30 h                    | <b>HIIT</b><br>11:30 – 12:20 h |
| RAUM 2 | <b>LES MILLS BODYPUMP express</b><br>10:00 – 10:45 h | <b>LES MILLS BODYATTACK express</b><br>11:00 – 11:45 h |                                |

## SONNTAG

|            |                                                 |                                          |                                                          |
|------------|-------------------------------------------------|------------------------------------------|----------------------------------------------------------|
| RAUM 2     | <b>LES MILLS BODYBALANCE</b><br>09:45 – 10:30 h | <b>LES MILLS CORE</b><br>10:35 – 11:05 h | <b>LES MILLS GRIT</b>   <b>CARDIO</b><br>11:10 – 11:40 h |
| RAUM 3     |                                                 | <b>Indoor Cycling</b><br>10:00 – 11:00 h |                                                          |
| FUNCTIONAL |                                                 |                                          | <b>Functional Kurs</b><br>12:30 – 13:15 h                |

Alle Kurse im Functional Bereich und alle Kurse, die ab 17 Uhr stattfinden, müssen 24 Stunden vorher über die MySports App gebucht werden.



[www.sam-saarlouis.de/kursbeschreibungen](http://www.sam-saarlouis.de/kursbeschreibungen)

Mehr Infos zu unseren Kursen

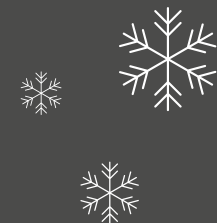


**Zu deiner Getränke-Flatrate erhältst du eine Trinkflasche gratis!**

Erfrischung beim Training

**BUCHE JETZT DIE GETRÄNKE-FLATRATE FÜR 5,99€ PRO MONAT.**

**KURSPLAN**  
Januar



**SAM**  
Sports And More

## MONTAG

|            |                                       |                                                 |                                          |                                              |                                              |
|------------|---------------------------------------|-------------------------------------------------|------------------------------------------|----------------------------------------------|----------------------------------------------|
| RAUM 1     | <b>Bodyforming</b><br>08:15 – 09:15 h | <b>Rehasport</b><br>09:30 – 10:15 h             | <b>Rehasport</b><br>17:00 – 17:45 h      | <b>Bodyforming</b><br>18:00 – 18:50 h        | <b>STRONG nation</b><br>19:00 – 20:00 h      |
| RAUM 2     |                                       | <b>LES MILLS BODYBALANCE</b><br>09:15 – 10:15 h | <b>LES MILLS CORE</b><br>17:30 – 18:00 h | <b>LES MILLS BODYPUMP</b><br>18:10 – 19:10 h | <b>LES MILLS BODYPUMP</b><br>19:15 – 20:15 h |
| RAUM 3     |                                       | <b>Indoor Cycling myride</b><br>10:00 – 10:45 h |                                          | <b>Indoor Cycling</b><br>18:30 – 19:30 h     |                                              |
| FUNCTIONAL |                                       |                                                 |                                          | <b>TRX</b><br>18:30 – 19:15 h                |                                              |

## DIENTAG

|            |                                       |                                     |                                     |                                              |                                                  |
|------------|---------------------------------------|-------------------------------------|-------------------------------------|----------------------------------------------|--------------------------------------------------|
| RAUM 1     | <b>Rehasport</b><br>08:30 – 09:15 h   | <b>Rehasport</b><br>09:45 – 10:30 h | <b>Rehasport</b><br>16:45 – 17:30 h | <b>Pilates</b><br>17:45 – 18:15 h            | <b>Yoga</b><br>18:15 – 19:15 h                   |
| RAUM 2     | <b>Wirbelsäule</b><br>08:30 – 09:30 h |                                     |                                     | <b>ZUMBA</b><br>18:00 – 19:00 h              | <b>LES MILLS BODYCOMBAT</b><br>19:15 – 20:15 h   |
| RAUM 3     |                                       |                                     |                                     | <b>Indoor Cycling Fun</b><br>18:00 – 18:45 h | <b>Indoor Cycling Stamina</b><br>18:45 – 19:30 h |
| FUNCTIONAL |                                       | <b>TRX</b><br>09:30 – 10:15 h       |                                     | <b>Functional Kurs</b><br>18:30 – 19:30 h    |                                                  |

## MITTWOCH

|        |                                                 |                                     |                                                        |                                          |                                                 |
|--------|-------------------------------------------------|-------------------------------------|--------------------------------------------------------|------------------------------------------|-------------------------------------------------|
| RAUM 1 |                                                 | <b>Rehasport</b><br>11:00 – 11:45 h |                                                        |                                          |                                                 |
| RAUM 2 | <b>LES MILLS BODYBALANCE</b><br>09:00 – 10:00 h | <b>Faszien</b><br>10:05 – 10:50 h   | <b>LES MILLS BODYATTACK express</b><br>17:10 – 17:55 h | <b>LES MILLS CORE</b><br>18:00 – 18:45 h | <b>LES MILLS BODYBALANCE</b><br>18:45 – 19:30 h |

## DONNERSTAG

|            |                                                  |                                     |                                       |                                                 |                                                     |
|------------|--------------------------------------------------|-------------------------------------|---------------------------------------|-------------------------------------------------|-----------------------------------------------------|
| RAUM 1     |                                                  | <b>Rehasport</b><br>16:00 – 16:45 h | <b>Bodyforming</b><br>18:00 – 19:00 h | <b>LES MILLS BODYBALANCE</b><br>19:00 – 20:00 h |                                                     |
| RAUM 2     | <b>Funktionelles Training</b><br>09:00 – 09:45 h | <b>Yoga</b><br>10:00 – 11:00 h      | <b>Rehasport</b><br>11:15 – 12:00 h   | <b>Pilates</b><br>18:00 – 18:30 h               | <b>LES MILLS GRIT   STRENGTH</b><br>18:40 – 19:10 h |
| RAUM 3     |                                                  |                                     |                                       |                                                 | <b>LES MILLS BODYPUMP</b><br>19:15 – 20:15 h        |
| FUNCTIONAL |                                                  |                                     |                                       | <b>Functional Kurs</b><br>17:30 – 18:30 h       | <b>TRX</b><br>18:30 – 19:30 h                       |
|            |                                                  |                                     |                                       | <b>Indoor Cycling</b><br>18:30 – 19:15 h        | <b>Indoor Cycling</b><br>19:15 – 20:00 h            |

## FREITAG

|            |                                              |                                                             |                                                                        |                                     |
|------------|----------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------|
| RAUM 1     | <b>Faszien</b><br>09:45 – 10:30 h            | <b>Wirbelsäule</b><br>16:30 – 17:30 h                       | <b>Step Fatburner</b><br>17:30 – 18:30 h                               | <b>Rehasport</b><br>18:45 – 19:30 h |
| RAUM 2     | <b>LES MILLS BODYPUMP</b><br>09:45 – 10:45 h | <b>LES MILLS BODYBALANCE Flexibility</b><br>10:50 – 11:20 h | <b>LES MILLS BODYCOMBAT x LES MILLS BODYBALANCE</b><br>18:30 – 19:30 h |                                     |
| RAUM 3     | <b>Indoor Cycling</b><br>09:30 – 10:15 h     |                                                             | <b>Indoor Cycling myride</b><br>18:00 – 18:45 h                        |                                     |
| FUNCTIONAL |                                              |                                                             | <b>Functional Kurs</b><br>17:30 – 18:30 h                              |                                     |

Finde den richtigen Kurs für dich!

**Fitness Cardio**

**Kraft Muskeln**

**Figur Abnehmen**

**Erholung Kraft**

**Reha-sport**