

Classes description

Full Body Toning – Power endurance training for the whole body

Full Body Conditioning – Full Body Training with Cardio Intervals

Pilates – Hull stabilization and pelvic floor training

Tabata Pilates- Pilates as a intensive intervall workout

Ashtanga/Vinyasa/Sivananda Yoga – for body, mind and soul

Indoor Cycling – Cardiovascular training on the bike

HOT IRON® – Strength training with the barbell

Faszien Stretch – Intensive stretching with and without Blackball®

hardCORE – Special training for the abs and core

SYNRGY 360 – Intensive interval training for the whole body

Burning Butt – Hammer Strenght circuit training. Focus on butt & legs

TRX® – Sling training for the whole body

Bauch Beine Po – Shape your abs, legs and tums

HIIT – high intensity training

4D PRO Sling- Bungee- Sling- Training

Athletic Workout- workout with own bodyweight and high intensity

Cross Workout- strenght and cardio HIT workout



Classes

14.06.2021

Opening hours 2021

BodyWorx The Fitness Company is open 365 days a year!

Opening hours fitness center

Monday to Thursday	6.00am to 10.30pm
Friday	6.00am to 9.30pm
Saturday and Sunday	8.00am to 9.30pm

Opening hours reception

Monday to Thursday	7.30am to 10.30pm
Friday	7.30am to 9.30pm
Saturday and Sunday	8.00am to 9.30pm

Opening hours Timeless Spa

Monday to Thursday	9.00am to 9.30pm
Friday	9.00am to 8.30pm
Saturday and Sunday	9.00am to 8.30pm

Turmstrasse 18 (@ 4-Towers), 6312 Steinhausen
Telefon 041 749 97 77 - www.body-worx.ch - info@body-worx.ch



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	08:30 – 09:30 Indoor Cycling Virtuelles Training	08:30 – 09:30 Indoor Cycling Virtuelles Training	08:30 – 09:30 Indoor Cycling Virtuelles Training	08:30 – 09:30 Indoor Cycling Virtuelles Training	08:30 – 09:30 Indoor Cycling Virtuelles Training	09:00 – 09:55 Full Body Conditioning Lena	<p>Today are no classes. You can use the free area</p>
	08:00 – 08:45 4D PRO Sling®* Aline	09:00 – 10:00 HOT IRON® 1 Aline	09:00 – 09:55 Full Body Conditioning Lena	09:00 – 10:00 Power Pilates Caroline	09:00 – 10:00 HOT IRON® 2 Aline	10:00 – 10:30 Faszien Stretch Lena	
	09:00 – 10:00 Vinyasa Yoga Aline	10:05 – 10:25 hardCORE Aline	10:00 – 10:30 Faszien Stretch Lena		10:05 – 10:25 hardCORE Aline		
12:00		12:15 – 13:00 Tabata Pilates Caroline					
	12:15 – 13:15 Indoor Cycling Virtuelles Training	12:15 – 13:15 Indoor Cycling Virtuelles Training	12:15 – 13:15 Indoor Cycling Virtuelles Training	12:15 – 13:15 Indoor Cycling Virtuelles Training	12:15 – 13:15 Indoor Cycling Virtuelles Training		
18:00	18:15 – 19:10 Full Body Toning Aline	18:00 – 19:00 Pilates Caroline	18:15 – 19:05 Bauch Beine Po Aline	18:30 – 19:15 HIIT Lena			
	18:30 – 19:30 Indoor Cycling Virtuelles Training	18:15 – 19:10 Full Body Conditioning Aline	19:15 – 20:30 Vinyasa Yoga Aline				
	19:15 – 20:45 Sivananda Yoga Guido	19:15 – 20:15 HOT IRON® Cross Aline					

- Course start with 3 participants

* Sign up on reception

Because of covid-19, we are currently unable to offer any
SYNRGY classes

Room 1

Room 2

Area OG

Cycling Lounge

Area upstairs