

## Classes description

**Body Toning** – Power endurance training for the whole body

**Body Conditioning** – Full body training with cardio intervals

**Pilates** – Full stabilization and pelvic floor training

**Tabata Pilates**- Pilates in a intensive interval workout

**Vinyasa 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 whole body

**Burning Butt** – Hammer Strength 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



# Classes

## 03.01.2022

Opening hours 2022

**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](http://www.body-worx.ch) - [info@body-worx.ch](mailto:info@body-worx.ch)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	08:30 – 09:30 <b>Indoor Cycling</b> Virtuelles Training	08:30 – 09:30 <b>Indoor Cycling</b> Virtuelles Training	08:30 – 09:30 <b>Indoor Cycling</b> Virtuelles Training	08:30 – 09:30 <b>Indoor Cycling</b> Virtuelles Training	08:30 – 09:30 <b>Indoor Cycling</b> Virtuelles Training	08:30 – 09:30 <b>Indoor Cycling</b> Virtuelles Training	10:00 – 11:15 <b>Indoor Cycling*</b> Nadia
	08:00 – 08:45 <b>4D PRO Sling®*</b> Aline	09:00 – 10:00 <b>HOT IRON® 1</b> Aline	09:00 – 09:55 <b>Body Conditioning</b> Lena	09:00 – 10:00 <b>Power Pilates</b> Caroline	09:00 – 10:00 <b>HOT IRON® 2</b> Aline	09:00 – 09:55 <b>Body Conditioning</b> Lena	
	09:00 – 10:00 <b>Vinyasa Yoga</b> Aline	10:05 – 10:25 <b>hardCORE</b> Aline	10:00 – 10:30 <b>Faszien Stretch</b> Lena		10:05 – 10:25 <b>hardCORE</b> Aline	10:00 – 10:30 <b>Faszien Stretch</b> Lena	
12:00	12:15 – 13:00 <b>TRX®</b> Aline	12:15 – 13:00 <b>Tabata Pilates</b> Caroline	12:15 – 13:00 <b>4D PRO Sling®*</b> Aline		12:15 – 13:15 <b>Vinyasa Yoga</b> Marianne		
	12:15 – 13:15 <b>Indoor Cycling</b> Virtuelles Training	12:15 – 13:15 <b>Indoor Cycling</b> Virtuelles Training	12:15 – 13:15 <b>Indoor Cycling</b> Virtuelles Training	12:15 – 13:15 <b>Indoor Cycling</b> Virtuelles Training	12:15 – 13:15 <b>Indoor Cycling</b> Virtuelles Training	12:15 – 13:15 <b>Indoor Cycling</b> Virtuelles Training	12:15 – 13:15 <b>Indoor Cycling</b> Virtuelles Training
18:00	18:15 – 19:10 <b>Body Toning</b> Aline	18:00 – 19:00 <b>Pilates</b> Caroline	18:15 – 19:00 <b>TRX®</b> Lena	18:15 – 19:00 <b>HIIT</b> Lena			
	18:30 – 19:30 <b>Indoor Cycling*</b> Maria	18:15 – 19:10 <b>Body Conditioning</b> Aline	18:15 – 19:05 <b>Bauch Beine Po</b> Aline	19:05 – 20:00 <b>Body Toning</b> Lena			
	19:20 – 20:35 <b>Vinyasa Yoga soft</b> Aline	18:30 – 19:30 <b>Indoor Cycling*</b> Pino	19:15 – 20:30 <b>Vinyasa Yoga</b> Aline				
		19:00 – 19:30 <b>Faszien Stretch</b> Caroline	19:15 – 20:00 <b>HIIT</b> Lena				
		19:15 – 20:15 <b>HOT IRON® Cross</b> Aline					

- Course start with 3 participants

\* Sign up on reception

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

Room 1

Room 2

Area OG

Cycling Lounge

Area upstairs