

Class descriptions

Body Toning	Full body strength endurance training
Body Conditioning	Full body training with conditioning intervals
Pilates	Coordination and pelvic floor training
Vinyasa Yoga	Flowing yoga style
Yin Yoga	Slowly & calm. Positions are held for some minutes
HOT IRON®	Barbell-assisted strength training
Mobility	Mobility & stretching
hardCORE	Abs and core training
SYNRGY 360°	High intensity full body training on the training grounds
TRX®	Total Resistance eXercise; full body sling training
Bauch Beine Po	Core, legs, booty workout with bodyweight and training aids
4D PRO Sling®	Bungee workout involving jumping/swinging strength training
BODEGA moves®	Athletic yoga-inspired training
deepWORK®	Functional- Cardioworkout, based on Yin & Yang. Every move contains tension and release
Inside Flow	there is no beginning and no end. One movement flows into the next
Latin Dance	Dance your way to motivating Latin music



Classes

Starting 02.10.2023

Opening hours 2023

BodyWorx The Fitness Company is open 365 days a year!

Opening hours fitness center

Monday to Thursday	05:00 - 22:30
Friday	05:00 - 21:30
Saturday and Sunday	08:00 - 21:30

Opening hours reception

Monday to Thursday	07:30 - 22:30
Friday	07:30 - 21:30
Saturday and Sunday	08:00 - 21:30

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
08:00	08:00 – 08:45 4D PRO SLING® * Aline						
	09:00 – 10:00 Vinyasa Yoga Aline	09:00 – 10:00 HOT IRON® 2 Aline		09:00 – 10:00 Power Pilates Caroline	09:00 – 10:00 HOT IRON® Cross Aline	09:00 – 10:00 SYNRGY 360° Fitness Team	
		10:05 – 10:25 hardCORE Aline			10:05 – 10:25 hardCORE Aline	10:05 – 10:30 Mobility Fitness Team	
		12:15 – 13:15 Inside Flow Nadine	12:15 – 13:00 SYNRGY 360° Fitness Team		12:15 – 13:15 BODEGA moves® Aline		
18:00	18:15 – 19:10 Body Toning Aline	18:00 – 19:00 Pilates Caroline	18:15 – 19:05 Bauch Beine Po Aline	18:15 – 19:10 Body Conditioning Bruna			
	18:30 – 19:15 SYNRGY 360° Bruna	18:15 – 19:05 deepWORK® Aline	19:15 – 20:30 Vinyasa Yoga Julia				
	19:15 – 20:30 Yin Yoga Julia	19:00 – 19:30 Mobility Caroline					
		19:15 – 20:15 HOT IRON® 1 Aline					

Room 1 Ground floor

Room 2 1st floor

Training-ground 1st floor

- Deviations may occur
- Course starts at 3 participants
- * List for registration is at the reception