

# KURSPLAN

# FITLETICS 2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		07:15 - 08:00 Easy Day Starter Core Strength		07:15 - 08:00 Burning Day Starter Upper Body Strength		
	10:15 - 11:00 Beine, Bauch, Beckenboden Core and Lower Body Strength					
			15:15 - 16:00 Body Pump Full Body Strength	15:00 - 15:30 Faszientraining and Black Roll Full Body Mobility		
17:15 - 18:00 Functional HIIT Fullbody Advanced Upper Body Strength	16:45 - 17:30 Lower Body Functional Power Advanced Lower Body Strength	16:15 - 17:00 HYROX Full Body Strength	16:00 - 16:45 Mobility, Stretching & Prävention Full Body Mobility			
18:15 - 19:00 & 19:15 - 20:00 PULZ CLUB (USC) Full Body Endurance		17:30 - 18:15 & 18:30 - 19:15 PULZ CLUB (USC) Full Body Endurance				



\*PULZ CLUB Kurse können über Urban Sports Club gebucht werden oder einfach vor Ort gebucht werden.