

## Class descriptions

<b>Body Toning</b>	Full body strength endurance training
<b>Body Conditioning</b>	Full body training with conditioning intervals
<b>Pilates</b>	Coordination and pelvic floor training
<b>Vinyasa Yoga</b>	Flowing yoga style
<b>Yin Yoga</b>	Slowly & calm. Positions are held for some minutes
<b>HOT IRON®</b>	Barbell-assisted strength training
<b>Mobility</b>	Mobility & stretching
<b>movingSPINE</b>	Mobility, strenght for spine and shoulder
<b>SYNRGY 360°</b>	High intensity full body training on the training grounds
<b>Bauch Beine Po</b>	Core, legs, booty workout with bodyweight or training aids
<b>4D PRO Sling®</b>	Bungee workout involving jumping/swinging strength training
<b>KORCE®</b>	Core- mobility- & stability exercises, for power and flexibility
<b>KORCE® Xpress</b>	Short version with focus on core or flexibility
<b>STRONG Nation ®</b>	bodyweight exercises for strength & endurance. Lively rhythms accompany you through this unit
<b>BalanceFIT Flex</b>	a mix of TaiChi & Yoga with meditation
<b>HIIT</b>	High Intensity Intervall Training
<b>BOOSTAR®</b>	different cardio & interval methods are effectively combined. The calorie burner!

## Classes

starting 06.01.2025

### Opening hours 2025

**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

#### Opening hours Timeless Spa

Monday to Thursday	16.00 - 21.30
Friday	16.00 - 20.30
Saturday and Sunday	10.00 - 19.30

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
08:00	08:00 – 08:45 <b>4D PRO SLING®*</b> Aline						
	09:00 – 10:00 <b>Vinyasa Yoga</b> Aline	09:00 – 10:00 <b>HOT IRON® 1</b> Aline		08:30 – 09:25 <b>Pilates</b> Elisa	09:00 – 10:00 <b>HOT IRON® 2</b> Aline	09:00 – 10:00 <b>SYNRGY 360°</b> Fitness Team	
		10:05 – 10:30 <b>KORCE® Xpress</b> Aline		09:30 – 10:10 <b>HIIT</b> Elisa	10:05 – 10:25 <b>hardCORE</b> Aline	10:05 – 10:30 <b>Mobility</b> Fitness Team	
12:00	12:15 – 13:00 <b>SYNRGY 360°</b> Kraftzirkel Fitness Team		12:15 – 13:00 <b>SYNRGY 360°</b> Fitness Team		12:15 – 13:15 <b>KORCE®</b> Aline		
18:00	18:00 – 18:55 <b>Pilates</b> Elisa	18:15 – 19:05 <b>Bauch Beine Po</b> Bruna	18:15 – 19:10 <b>STRONG Nation®</b> Elena	18:15 – 19:10 <b>Body Conditioning</b> Bruna			
	18:15 – 19:10 <b>Body Toning</b> Aline	18:15 – 19:15 <b>HOT IRON® Cross</b> Aline	19:20 – 20:05 <b>BalanceFIT Flex</b> Elena				
	19:00 – 20:20 <b>Yin Yoga</b> Julia	19:10 – 19:40 <b>movingSPINE</b> Bruna					
	19:15 – 19:55 <b>HIIT</b> Elisa	19:20 – 20:15 <b>BOOSTAR®</b> Aline					

Room 1 Ground floor

Room 2 1st floor

Training-ground 1st floor

- Course starts at 3 participants

-\* List for registration is at the reception