

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
movingSPINE	Mobility, strenght for spine and shoulder
SYNRGY 360°	High intensity full body training on the training grounds
Bauch Beine Po	Core, legs, booty workout. Bodyweight or training aids
4D PRO Sling®	Bungee workout involving jumping/swinging strength training
KORCE®	Core- mobility- & stability exercises, for power and flexibility
KORCE® Xpress	Short version with focus on core or flexibility
BalanceFIT Flex	a mix of TaiChi & Yoga with meditation
HIIT	High Intensity Intervall Training
BOOSTAR®	different cardio & interval methods are effectively combined. The calorie burner!



Classes

starting 31.03.2025

Opening hours 2025
BodyWorx The Fitness Company is open 365 days a year!

Opening hours fitness center

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

Opening hours reception

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

Opening hours Timeless Spa

Monday & Wednesday	10.00 - 21.30
Tuesday & Thursday	16.00 - 20.30
Friday	16.00 - 19.30
Saturday & Sunday	10.00 - 19.30

Turmstrasse 18 (@ 4-Towers), 6312 Steinhausen
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	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		08:30 – 09:25 Pilates Elisa	09:00 – 10:00 HOT IRON® Cross Aline	09:00 – 10:00 SYNRGY 360° Fitness Team	
		10:05 – 10:30 KORCE® Xpress Aline		09:30 – 10:10 HIIT Elisa	10:05 – 10:25 hardCORE Aline	10:05 – 10:30 Mobility Fitness Team	
12:00	12:15 – 13:00 SYNRGY 360° Kraftzirkel Fitness Team		12:15 – 13:00 SYNRGY 360° Fitness Team		12:15 – 13:10 KORCE® Aline		
18:00	18:00 – 18:55 Pilates Elisa	18:15 – 19:05 Bauch Beine Po Bruna	18:15 – 19:10 Body Toning Elena	18:15 – 19:10 Body Conditioning Bruna			
	18:15 – 19:10 Body Toning Aline	18:15 – 19:15 HOT IRON® 1 Aline	19:20 – 20:05 BalanceFIT Flex Elena				
	19:00 – 20:20 Yin Yoga Julia	19:10 – 19:40 movingSPINE Bruna					
		19:20 – 20:15 BOOSTAR® 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