

Kursplan gültig ab 07. November 2025

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag
Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1
10:00-11:30	08:00-09:00	10:15-11:15	10:30-11:30	10:00-10:55	10:00-11:00	10:15-11:30		10:00-11:00	10:00-11:15			10:30-11:30
Fit & Fun Mix	ENJOY! Fit	Functional Gymnastics	Indoor-Cycling	Rückenschule	Stretching	Rücken + Faszien		Qi Gong	Happy Morning Bodyworkout	11:00-12:30		Langhantel
				11:00-11:55						ZUMBA		11:30-12:30
				Yoga-Rücken								Pilates
										14:30-16:00		
										YOGA		
												Raum 2
18:00-19:00		18:00-19:30	18:00-18:30		18:00-19:00				18:00-19:00			10:30-12:30
Bodystyling		Pilates	Indoor-Cycling		Indoor-Cycling				Indoor-Cycling			Body Fit
19:00-20:00				18:30-20:00								
ZUMBA	19:00-20:00			YOGA			19:00-20:00					
	Indoor-Cycling						Indoor Cycling					
Trainingsfläche												
	18:00-18:30		18:30-19:30	18:00-18:30		18:00-19:00		18:00-19:00				
	Core Animation		Body Fit	Core Animation		Tuff-Stuff		Tuff-Stuff				