Kursplan gültig ab 1. November 2026

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	10:15-11:45		10:00-11:00	10:00-11:15			10:30-11:30
Fit & Fun Mix	ENJOY! Fit	Functional Gymnastics	Indoor-Cycling	Rückenschule	Stretching	Rücken + Beckenboden		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			18:00-19:00			10:30-12:30
Kangoo Jump		Pilates	Indoor-Cycling		Indoor-Cycling	Kangoo Jump			Indoor-Cycling			Body Fit
19:00-20:30				18:30-20:00		19:00-20:00						
ZUMBA	*19:00-20:00*			YOGA		BBP	*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				