

MONTAG

11:15	LesMills <small>VIRTUAL</small>	R1
12:00	Bodybalance	
12:15	LesMills <small>VIRTUAL</small>	R1
13:00	Bodypump	
13:15	LesMills <small>VIRTUAL</small>	R1
13:45	Core	
15:30	Pilates	R1
16:30	Faszientraining	R1
17:15		
17:45	Bauch pur	R1
18:00		
18:45	Go Athletic	FI
18:00	Body Forming	R1
18:45		
19:00	LesMills	R1
20:00	Bodycombat	
20:15	Jumping Fitness	R1
21:00		

DIENSTAG

09:30	Pilates	R1
10:15		
10:30	Stretch & Entspannung	R1
11:15		
11:30	LesMills <small>VIRTUAL</small>	R1
12:00	Core	
17:20	LesMills ⁽¹⁾	R1
17:50	Bodypump School	
18:00	LesMills	R1
19:00	Bodypump	
19:00	Go Athletic	FI
19:45		
19:15	Pilates	R1
20:00		
20:15	Faszientraining	R1
21:00		

⁽¹⁾ = jeden 1. Dienstag im Monat

MITTWOCH

09:30	Fitness Yoga	R1
10:15		
12:30	LesMills <small>VIRTUAL</small>	R1
13:15	Bodybalance	
16:15	LesMills <small>VIRTUAL</small>	R1
17:00	Bodypump	
17:15	LesMills	R1
18:00	Bodycombat	
18:15	RückenFit	R1
19:00		
19:15	Power Fit Yoga	R1
20:00		

DONNERSTAG

10:00	ZUMBA®	R1
10:45		
11:00	LesMills <small>VIRTUAL</small>	R1
11:45	Bodypump	
12:00	LesMills <small>VIRTUAL</small>	R1
12:30	Core	
12:45	LesMills <small>VIRTUAL</small>	R1
13:30	Bodybalance	
16:45	LesMills	R1
17:30	Bodypump Express	
17:45	Yoga	R1
18:30		
18:45	ZUMBA®	R1
19:30		
19:45	LesMills	R1
20:45	Bodypump	

FREITAG

08:15	LesMills <small>VIRTUAL</small>	R1
09:00	Bodypump	
09:00	Body Forming	R1
09:45		
12:00	LesMills <small>VIRTUAL</small>	R1
12:45	Bodybalance	
15:00	LesMills <small>VIRTUAL</small>	R1
15:45	Bodycombat	
16:00	Go Athletic	FI
16:45		
16:20	LesMills	R1
17:20	Bodypump	
18:00	Jumping Fitness	R1
18:45		

SAMSTAG

12:15	LesMills <small>VIRTUAL</small>	R1
12:45	Core	
14:00	ZUMBA®	R1
15:00		

SONNTAG

10:15	Kursspecials	R1
11:15	siehe Aushang	
11:30	Body Forming	R1
12:30		
12:45	LesMills	R1
13:45	Bodypump	
14:00	LesMills	R1
14:30	Core	
14:45	LesMills	R1
15:45	Bodycombat	

SPINNING

MONTAG

18:00	Spinning®	SP
19:00		
19:15	Spinning®	SP
20:15		

DIENSTAG

10:00	Spinning®	SP
11:00		
19:30	Spinning®	SP
20:30		

MITTWOCH

18:00	Spinning®	SP
19:00		

DONNERSTAG

18:15	Spinning®	SP
19:15		

FREITAG

10:00	Spinning®	SP
11:00		
17:45	Spinning®	SP
18:45		

SAMSTAG

11:00	Spinning®	SP
12:00		

R1 = Raum 1 | SP = Spinningraum | FI = Functionalfäche