



Tag	Kurs	Kursraum	Trainer*in	Zeit
Montag	Indoor Cycling	SP	Michael K.	08:40 - 09:35
	BODYPUMP®	GF	Nicole M.	09:00 - 09:55
	Power Yoga	GF	Patricia G.	18:00 - 18:55
	Indoor Cycling	SP	Manuela K.	18:00 - 18:55
	BODYPUMP®	GF	Nadja A.	19:10 - 20:05
Dienstag	Vital Fit	GF	TEAM	09:00 - 09:55
	Zumba®	GF	Kimberly B.	18:00 - 18:55
	Indoor Cycling	SP	Michael K.	18:45 - 20:00
	BODYBALANCE®	GF	Karin G.	19:00 - 19:55
	Coretraining	GF	Karin G.	20:05 - 20:35
Mittwoch	Power Yoga	GF	Patricia G.	09:30 – 10:25
Allerheiligen				
Donnerstag	Pilates	GF	Nicole M.	08:45 - 09:40
	Zumba®	GF	Yamilka O.	09:50 - 10:45
	Bodytoning	GF	Alessia M.	18:00 - 18:55
	Indoor Cycling	SP	Michael K.	18:30 - 19:45
	BODYPUMP®	GF	Nadja A.	19:10 - 20:05
Freitag	Indoor Cycling Goldies but Oldies	SP	Manuela	08:40 - 09:55
	Autumn mood Yoga	GF	Tamara L.	10:00 - 10:55
	Autumn mood Yoga	GF	Patrica G.	18:00 - 18:55
Samstag	BODYPUMP® meets Techniktraining	GF	Nicole & Nadja	09:30 – 11:00
Sonntag	Indoor Cycling Special	SP	Michael K	09:15 - 10:40
	Indoor Cycling Special	SP	Manuela K.	10:50 - 12:15

Aktuelles Kursprogramm Online:



Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

Montag bis Freitag:	08:30 - 11:30
Samstag:	09:00 - 11:30
Sonntag:	Geschlossen
Feiertage:	09:15 - 11:45