



Tag	Kurs	Trainer*in	Zeit
<b>Montag</b>	STRONG Nation®	Elena S.	09:00 – 09:55
	Pilates	Sigrid S.	10:00 – 10:55
	Indoor Cycling	Mauro I.	12:00 – 12:55
	BODYPUMP® express	Kathrin B.	12:10 – 12:40
	CORE 45®	TEAM	12:50 – 13:35
	Pilates	Mariette V.	17:30 – 18:25
	Indoor Cycling.	Sabine K. / Guido O.	18:00 – 18:55
	Functional Grouptraining	Fitness Team	18:00 – 18:45
	BODYATTACK®	Karen T.	18:30 – 19:25
	BODYPUMP®	Andrea B.	19:30 – 20:25
<b>Dienstag</b>	Power Yoga	Mariette V.	08:30 – 09:25
	Indoor Cycling	Pearl M.	09:30 – 10:25
	ZUMBA®	Damarys H.	09:35 – 10:30
	Power Yoga	Tanja W.	12:10 – 13:05
	Power Yoga	Eva G.	18:00 – 18:55
	Bodytoning	Iris d. T.	19:00 – 19:55
	Indoor Cycling	Sascha M.	18:30 – 19:55
	Functional Grouptraining	Fitness Team	19:00 – 19:45
	BODYPUMP®	Andrea B./ Kathrin B.	20:00 – 20:55
<b>Mittwoch</b>	<b>BODYPUMP®</b>	<b>Sandra G.</b>	<b>09:30 – 10:25</b>
<b>ALLERHEILIGEN</b>	<b>Indoor Cycling</b>	<b>Sabrina St.</b>	<b>10:00 – 10:55</b>
<b>Donnerstag</b>	CORE 45®	Nicole H.	08:45 – 09:30
	ZUMBA®	Diana B.	09:30 – 10:25
	Indoor Cycling	Pearl. M.	09:30 – 10:25
	Vital Fit	Christa O.	10:45 – 11:40
	BODYPUMP®	Paul T.	12:10 – 13:05
	BODYPUMP®	Karen T.	18:00 – 18:55
	BODYATTACK®	Karen T.	19:00 – 19:55
	Functional Grouptraining	Fitness Team	19:00 – 19:45
<b>Freitag</b>	Pilates	Mariette V.	08:30 – 09:25
	BODYPUMP®	Nicole H.	09:35 – 10:30
	Indoor Cycling	Bruno L.	12:00 – 12:55
	M.A.X.®	Luba C.	12:10 – 12:40
	Bodytoning	Luba C.	12:45 – 13:15
	Power Yoga Disco Flow	Nadine S.	18:15 – 19:10
<b>Samstag</b>	Bodytoning	Iris d. T.	09:00 – 09:55
	BODYATTACK® 40'	Iris d. T.	10:00 – 10:40
	Indoor Cycling Special	Bruno & Thomas	10:00 – 13:00
	BODYPUMP®	Gabriela B.	10:45 – 11:40
<b>Sonntag</b>	Indoor Cycling	Team	10:00 – 10:55
	BODYPUMP® Techniktraining	Monica S.	09:45 – 11:00
	CORE®	Monica S.	11:05 – 11:35
	BODYPUMP®	Team	16:15 – 17:10

### Aktuelles Kursprogramm Online:



### Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

<b>Montag bis Freitag:</b>	08:15 - 11:30 Uhr
<b>Samstag und Sonntag:</b>	08:45 - 12:00 Uhr