



Tag	Kurs	Trainer*in	Zeit
Montag	Step & Tone	Lindsey B.	09:00 - 09:55
	Pilates	Lindsey B.	10:00 - 10:55
	CORE®	Josianne G.	12:15 - 12:55
	Rückentraining	Petra G.	14:00 - 14:55
	ZUMBA®	Sonja R.	18:00 - 18:55
	Intervall Training	Katja R.	19:00 - 19:40
	CORE®	Katja R.	19:45 - 20:10
Dienstag	BODYPUMP®	Elvira J.	09:00 - 09:55
	Power Yoga	Elena G.	10:05 - 11:15
	Pilates	Jodit K.	18:00 - 18:55
	CORE®	Kim A.	19:00 - 19:25
	BODYPUMP®	Kim A.	19:30 - 20:25
Mittwoch	ZUMBA®	Rose K.	09:00 - 09:55
	Rückentraining	Prisca F.	10:00 - 10:55
	Pilates	Jaqueline S.	12:00 - 12:55
	BODYPUMP®	Nino P.	18:00 - 18:55
	CORE®	Nino P.	19:00 - 19:25
	Yoga	Elena G.	19:30 - 20:40
Donnerstag	Pilates	Jodit K.	09:00 - 09:55
	Stretching	Jodit K.	10:00 - 10:55
	BODYPUMP®	Nico P.	18:00 - 18:55
	ZUMBA®	Sonja R.	19:00 - 19:55
Freitag	Heat the Stepper	Lindsey B.	09:00 - 09:55
	Red Hot Power Yoga	Lindsey B.	10:00 - 10:55
	CORE® meets Bodybalance	Petra G.	14:00 - 14:55
Samstag	BODYPUMP® Reverse Special	Nino P.	09:45 - 10:40
	CORE® in RED	Nino P.	10:45 - 11:10
	BODYPUMP® Round 2 in RED	Katja R.	11:15 - 12:10
Sonntag	Bodytoning LEG DAY	Gina T.	09:30 - 10:25
	ZUMBA® RED PARTY	Giusy P.	10:30 - 11:25
	BODYPUMP® best of the last years	Georgina H.	11:30 - 12:25

Aktuelles Kursprogramm online



Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

Montag bis Freitag:	08:45 - 11:30
Samstag:	09:30 - 11:45