



Tag	Kurs	Trainer*in	Zeit
<b>Montag</b>	BODYPUMP®	Mike H.	09:15 - 10:10
	Pilates	Angela G.	10:15 - 11:10
	Indoor Cycling	Nicole S.	12:15 - 12:55
	ZUMBA®	Giusy P.	18:00 - 18:55
	BODYPUMP®	Nina H.	19:00 - 19:55
	Yoga	Seraina R.	20:00 - 20:55
<b>Dienstag</b>	Bodytoning	Krystsina Y.	09:15 - 10:10
	Rückentraining	Esther D.	10:15 - 11:10
	BODYPUMP®	Jasmin St.	18:00 - 18:55
	TôSôX®	André B.	19:00 - 19:55
<b>Mittwoch</b>	Pilates	Isabelle B.	09:15 - 10:10
	Indoor Cycling	Daniel S.	10:15 - 11:10
	Langhanteltraining	<b>Jorina L.</b>	<b>12:15 - 13:10</b>
	Pilates	Daniela B.	18:30 - 19:25
	BODYPUMP®	Fabienne G.	19:30 - 20:25
<b>Donnerstag</b>	Bodytoning	Brigitta W.	09:15 - 10:10
	Vital Fit	Brigitta W.	10:15 - 11:10
	BODYPUMP®	Sabrina P.	12:15 - 13:10
	ZUMBA®	Bernadette M.	18:00 - 18:55
	TôSôX®	Sara G.	19:00 - 19:55
<b>Freitag</b>	Bodytoning Special	Cinzia D.	09:15 - 10:10
	Power Yoga Special	Cinzia D.	10:15 - 11:10
	Indoor Cycling back to the 80`s	Tania E.	18:00 - 18:55
	BODYPUMP® meets BODYATTACK®	Karin S.	19:05 - 20:00
	<b>Samstag</b>	ZUMBA® Party	Nancy S.
FunTone® Cardio and Intensity		Daniela P.	10:30 - 11:25
Indoor Cycling back to the 80`s		Tania E.	11:45 - 12:40
<b>Sonntag</b>	Coretraining meets Intervall	Erich H.	10:15 - 10:40
	BODYPUMP® 126 is over; let's get started	Erich H.	10:45 - 11:40

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

Montag bis Freitag:	09:00 - 11:45
Samstag:	09:15 - 12:15

### Aktuelles Kursprogramm online

