



Tag	Kurs	Kursraum	Trainer*in	Zeit
Montag	BODYPUMP®	GF	Sandra K.	08:45 – 09:40
	Pilates	GF	Milana R.	12:10 – 13:05
	ZUMBA®	GF	Angela F.	14:15 – 15:10
	CORE®	GF	Sarah P.	18:10 – 18:40
	Indoor Cycling	SP	Yvonne F.	18:30 – 19:25
	GRIT®	GF	Sarah P.	18:50 – 19:20
	Power Yoga	GF	Melanie C.	19:30 – 20:25
Dienstag	Pilates	GF	Christina M.	08:30 – 09:25
	Rücken-Fit	GF	Christina M.	09:35 – 10:30
	ZUMBA®	GF	Yaelle S.	18:00 – 18:55
	CORE®	GF	Yolanda S.	19:00 – 19:30
	BODYPUMP®	GF	Yolanda S.	19:35 – 20:30
Mittwoch	Indoor Cycling	SP	Caroline W.	09:30 – 10:25
Allerheiligen	Power Yoga	GF	Fabienne F.	09:30 – 10:25
Donnerstag	CORE® 40'	GF	Sandra K.	09:00 – 09:40
	BODYPUMP®	GF	TEAM	12:10 – 13:05
	Pilates	GF	Debora L.	18:15 – 19:10
	GRIT®	GF	Andrea S.	19:15 – 19:45
	CORE®	GF	Andrea S.	19:50 – 20:20
Freitag	Power Yoga	GF	Fabienne F.	08:30 – 09:25
	CORE®	GF	Christina M.	10:05 – 10:35
	Indoor Cycling	SP	Beat D.	12:00 – 12:55
	BODYPUMP®	GF	Branky J.	18:15 – 19:10
	BODYATTACK® Special	GF	Dave S.	19:15 – 20:10
Samstag	Power Yoga	GF	Fabienne F.	09:00 – 09:55
Sonntag	Indoor Cycling	SP	Michaela Z.	09:00 – 09:55
	BODYPUMP® Special	GF	Fabio G. & Fabian M.	10:00 – 10:55
	BODYATTACK®	GF	Selina L.	11:00 – 11:55

Aktuelles Kursprogramm Online:



Betreutes Kinderparadies

Montag:	08:00 - 11:30 / 14:00 - 16:00
Dienstag bis Freitag:	08:00 - 11:30
Samstag bis Sonntag:	08:45 - 12:15