



Tag	Kurs	Trainer*in	Zeit
Montag	Intervall Training	Roberta F.	09:00 – 09:55
	Bodytoning	Lotty F.	10:00 – 10:55
	CORE®	Katharina G.	18:00 – 18:25
	Indoor Cycling	Niroshan S.	18:35 – 19:30
Dienstag	Pilates	Nancy I.	08:30 – 09:25
	Yoga	Nancy I.	09:30 – 10:25
	Functional Grouptraining*	Fitness Team	13:00 – 13:45
	BODYPUMP®	Roland v.N.	18:00 – 18:55
	Indoor Cycling	Adrian W.	19:00 – 19:55
Mittwoch	CORE®	Eliane B.	09:00 – 09:25
	Indoor Cycling	Eliane B.	09:35 – 10:30
	BODYPUMP®	Katharina G.	17:45 – 18:40
	CORE®	Katharina G.	18:50 – 19:15
	Yoga	Maria C.	19:30 – 20:25
Donnerstag	M.A.X.	Lotty F.	09:00 – 09:25
	CORE®	Lotty F.	09:35 – 10:00
	Zumba	Rosa P.	18:00 – 18:55
	BODYPUMP®	Jasmine A.	19:00 – 19:55
Freitag	BODYPUMP meets CORE® & Stretching	Eliane B.	09:00 – 10:25
	BODYPUMP meets CORE® & Stretching	Eliane B.	17:30 – 18:55
Samstag	90ies-only Indoor Cycling	Katharina G.	09:30 – 10:55
Sonntag	BODYPUMP® « technical »	Szilvia S.	09:30 – 10:25

*findet auf der Fitness-Fläche statt

Aktuelles Kursprogramm Online:

