



Tag	Kurs	Kursraum	Trainer*in	Zeit
<b>Montag</b>	M.A.X.®	GF	Sylvia H.	08:45 - 09:15
	BODYBALANCE®	GF	Sylvia H.	09:30 - 10:25
	Pilates	GF	Sonja S.	17:45 - 18:40
	Indoor Cycling	SP	Michaela Z.	18:15 - 19:10
	ZUMBA®	GF	Francesca C.	18:45 - 19:40
	BODYPUMP®	GF	Cora Z.	19:45 - 20:40
<b>Dienstag</b>	BODYPUMP®	GF	TEAM	08:45 - 09:40
	CORE® 40	GF	Cora Z.	09:45 - 10:25
	Dancecess®	GF	Rebecca K.	18:00 - 18:55
	BODYPUMP®	GF	Barbara H.	19:00 - 19:55
	CORE®	GF	Barbara H.	20:05 - 20:35
<b>Mittwoch</b>	Indoor Cycling	SP	Maya S.	09:30 - 10:25
	ALLERHEILIGEN BODYBALANCE®	GF	Claudia A.	10:00 - 10:55
<b>Donnerstag</b>	BODYPUMP®	GF	Claudia A.	08:30 - 09:25
	Antara®	GF	Claudia A.	09:30 - 10:25
	Indoor Cycling	SP	André Sch.	18:30 - 19:25
	BODYPUMP®	GF	Esther I.	19:15 - 20:10
<b>Freitag</b>	Indoor Cycling	SP	Erika H.	08:30 - 09:25
	Fun Tone®	GF	Yvonne R.	08:30 - 09:25
	Pilates	GF	Jeanine Z.	09:30 - 10:25
	Power Yoga	GF	Cornelia G.	12:10 - 13:05
	BODYPUMP®	GF	Michael E.	18:00 - 18:55
<b>Samstag</b>	Indoor Cycling	SP	René U.	09:00 - 10:15
	BODYPUMP®	GF	TEAM	09:00 - 09:55
	CORE®	GF	TEAM	10:00 - 10:25
<b>Sonntag</b>	Dancecess Special®	GF	Francesca & Chiara	09:30 - 11:00

**Aktuelles Kursprogramm Online:**

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

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