



Tag	Kurs	Trainer*in	Zeit
<b>Montag</b>	BODYPUMP®	Tiziana P.	09:00 - 09:55
	Yoga	Elena N.	10:00 - 11:10
	BODYPUMP®	Kati v.G./Urs S.	12:15 - 13:10
	Antara®	Isabelle F.	18:00 - 18:55
	BODYPUMP®	Mike G.	19:00 - 19:55
	TôSôX®	Isabelle F.	20:00 - 20:55
<b>Dienstag</b>	Bodytoning	Corina W.	09:00 - 09:55
	Pilates	Corina W./Nadine C.	10:00 - 10:55
	Pilates	Tiziana P.	18:00 - 18:55
	BODYATTACK®	Mike G.	19:00 - 19:55
	Dance	Antonio T.	20:00 - 20:55
<b>Mittwoch</b>	BODYPUMP®	Elvira J.	09:00 - 09:55
	BODYATTACK®	Elvira J.	10:00 - 10:25
	CORE®	Elvira J.	10:30 - 10:55
	BODYATTACK®	Isabelle P.	12:15 - 12:40
	CORE®	Isabelle P.	12:45 - 13:10
	M.A.X®	Heinz B.	18:00 - 18:25
	Coretraining	Heinz B.	18:30 - 18:55
	BODYPUMP®	Claudia R.	19:00 - 19:55
<b>Donnerstag</b>	Bodytoning	Sabine C.	09:00 - 09:55
	CORE®	Sabine C.	10:00 - 10:25
	BODYATTACK®	Sabine C.	10:30 - 10:55
	BODYPUMP®	Natascha P.	12:15 - 13:10
	Yoga	Elena N.	18:00 - 18:55
	BODYPUMP®	Li L.	19:00 - 19:55
<b>Freitag</b>	Pilates & Stretch	Tiziana P.	09:00 - 09:55
	BODYPUMP® meets Coretraining	Tiziana P.	10:00 - 10:55
	BODYPUMP® meets Cardio	Claudia R.	18:00 - 18:55
<b>Samstag</b>	BODYPUMP® meets Coretraining	Heinz B.	09:30 - 10:25
	Best of BODYATTACK®	Jeannine E.	10:30 - 11:25
	TôSôX® Technik	Anca S.	11:30 - 12:25
<b>Sonntag</b>	ZUMBA® Party	Patrick B.	10:00 - 10:55
	BODYPUMP® best of	Nico P.	11:00 - 11:55
	Yoga in the Beat	Kati v. G.	12:15 - 13:10
	Yoga Meets Pilates Coretraining	Kati v. G.	13:15 - 13:40

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

<b>Montag bis Freitag:</b>	08:45 - 11:30
<b>Samstag:</b>	09:15 - 12:30

**Aktuelles Kursprogramm online**
