



Tag	Kurs	Kursraum	Trainer*in	Zeit
<b>Montag</b>	BODYPUMP®	GF	Cora Z.	09:00 – 09:55
	CORE®	GF	Cora Z.	10:05 – 10:45
	Bodytoning	GF	Elea C. / Lernende	12:10 – 13:05
	BODYBALANCE®	GF	Alexandra N.	18:00 – 18:55
	Indoor Cycling	SP	Sandro S.	18:15 – 19:10
	BODYPUMP®	GF	Stefanie F.	19:05 – 20:00
<b>Dienstag</b>	Pilates	GF	Rita G.	09:00 – 09:55
	ZUMBA®	GF	Karen H.	10:00 – 10:55
	Indoor Cycling.	SP	Peter W.	12:10 – 13:05
	FunTone®	GF	Karin S.	18:00 – 18:55
	Indoor Cycling	SP	Armando G.	19:00 – 19:55
	BODYPUMP®	GF	Delia H.	19:05 – 20:00
<b>Mittwoch</b>	<b>BODYPUMP®</b>	<b>GF</b>	<b>Andrea W.</b>	<b>09:30 – 10:25</b>
<b>Allerheiligen</b>	<b>CORE®</b>	<b>GF</b>	<b>Andrea W..</b>	<b>10:30 -11:00</b>
<b>Donnerstag</b>	BODYATTACK®	GF	Alexandra N.	09:00 – 09:55
	BODYPUMP®	GF	Thomas W.	12:10 – 13:05
	BODYPUMP®	GF	Andrea W.	18:00 – 18:55
	Indoor Cycling	SP	Claudia L. D.	18:15 – 19:25
	BODYBALANCE®	GF	Bojana M.	19:05 – 20:00
<b>Freitag</b>	<b>CORE® meets M.A.X®.</b>	<b>GF</b>	<b>Claudia A.</b>	<b>09:15 – 09:55</b>
	<b>Rückentraining meets Balance</b>	<b>GF</b>	<b>Claudia A.</b>	<b>10:00 – 10:55</b>
<b>Samstag</b>	<b>BODYPUMP®</b>	<b>GF</b>	<b>Nicole G.</b>	<b>09:00 – 09:55</b>
<b>Sonntag</b>	<b>Indoor Cycling.</b>	<b>SP</b>	<b>Caroline W.</b>	<b>09:00 – 09:55</b>
	<b>Power Yoga Special</b>	<b>GF</b>	<b>Tanja W.</b>	<b>10:00 – 10:55</b>

### Aktuelles Kursprogramm Online:



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

<b>Montag bis Sonntag:</b>	08:30 - 11:30
<b>Feiertag:</b>	09:15 - 11:45