



Tag	Kurs	Kursraum	Trainer*in	Zeit
<b>Montag</b>	Pilates	GF	Mariette V.	08:15 - 09:10
	Pilates	GF	Mariette V.	09:35 - 10:30
	BODYPUMP®	GF	Eszter I.	12:10 - 13:05
	Power Yoga	GF	Barbara C. / Fabienne F.	18:00 - 18:55
	Indoor Cycling	SP	Katrin H.	18:15 - 19:10
	BODYPUMP®	GF	Manuela U.	19:00 - 19:55
<b>Dienstag</b>	FunTone®	GF	Hellena H.	08:20 - 09:15
	BODYPUMP®	GF	Sara G.	09:30 - 10:25
	BODYBALANCE®	GF	Manuela U.	12:10 - 13:05
	Pilates	GF	Mariette V.	18:00 - 18:55
	Zumba®	GF	Svetlana K.	19:00 - 19:55
	Indoor Cycling	SP	Jürgen L.	19:00 - 19:55
<b>Mittwoch</b>	<b>BODYPUMP®</b>	<b>GF</b>	<b>Manuela U.</b>	<b>10:00 - 10:55</b>
<b>Allerheiligen</b>				
<b>Donnerstag</b>	Bodytoning	GF	Hellena H.	08:30 - 09:25
	Power Yoga	GF	Barbara C.	09:45 - 10:40
	Vital Fit	GF	Sigrid S.	10:45 - 11:40
	FunTone®	GF	Melanie S.	18:15 - 19:10
	Indoor Cycling	SP	Giuseppe F.	18:45 - 19:40
	Power Yoga	GF	Barbara C. / Fabienne F.	19:15 - 20:10
<b>Freitag</b>	<b>Pilates</b>	<b>GF</b>	<b>Brigitte N.</b>	<b>08:30 - 09:25</b>
	<b>Zumba® Party</b>	<b>GF</b>	<b>Andrea K.</b>	<b>09:35 - 10:30</b>
	<b>BODYPUMP®</b>	<b>GF</b>	<b>Gabriela B.</b>	<b>12:10 - 13:05</b>
	<b>ROCK BODYPUMP®</b>	<b>GF</b>	<b>Tom B.</b>	<b>18:00 - 18:55</b>
<b>Samstag</b>	<b>Bodytoning meets BravoHits</b>	<b>GF</b>	<b>Sarah D.</b>	<b>09:00 - 09:55</b>
<b>Sonntag</b>	<b>Indoor Cycling</b>	<b>SP</b>	<b>Giuseppe F.</b>	<b>09:30 - 10:40</b>
	<b>BODYPUMP®</b>	<b>GF</b>	<b>Andrea B.</b>	<b>10:00 - 10:55</b>

### Aktuelles Kursprogramm Online:



### Betreutes Kinderparadies

Montag bis Freitag:	08:00 - 11:30
Samstag & Sonntag:	08:30 - 11:30