



Tag	Kurs	Kursraum	Trainer*in	Zeit
<b>Montag</b>	BODYATTACK®	GF	Katja S.	08:30 – 09:25
	Vital Fit	GF	Katja S.	09:45 – 10:40
	Indoor Cycling	SP	Petronella K.	12:05 – 13:00
	BODYPUMP®	GF	Melanie S.	12:10 – 13:05
	CORE®	GF	Yolanda S.	17:35 – 18:05
	Indoor Cycling	SP	Maria-Lena W.	17:50 – 18:45
	BODYATTACK®	GF	Yolanda S.	18:10 – 19:05
	Indoor Cycling	SP	Franco M.	19:00 – 19:55
	Pilates	GF	Milana R.	19:10 – 20:05
	BODYPUMP®	GF	Tom B.	20:10 – 21:05
<b>Dienstag</b>	BODYPUMP®	GF	Katja S.	08:30 – 09:25
	CORE®	GF	Katja S.	09:35 – 10:05
	Power Yoga	GF	Arlent P.	11:30 – 12:25
	Functional Grouptraining		Fitness Team	12:10 – 12:55
	Hatha Yoga	GF	Stephanie G.	12:30 – 13:25
	Dancess	GF	Bojana M.	17:30 – 18:25
	Vinyasa Yoga	GF	Cornelia G.	18:30 – 19:25
	Indoor Cycling	SP	Rahel S.	19:00 – 19:55
	CORE®	GF	Aira Z.	19:30 – 20:00
	Kick Power	GF	Sarina L.	20:10 – 21:05
<b>Mittwoch</b>	<b>CORE®</b>	<b>GF</b>	<b>Bojana M.</b>	<b>09:30 – 10:00</b>
<b>ALLERHEILIGEN</b>	<b>BODYBALANCE®</b>	<b>GF</b>	<b>Bojana M.</b>	<b>10:00 – 10:55</b>
<b>Donnerstag</b>	MAX®	GF	Christa S.	06:45 – 07:15
	BODYPUMP®	GF	Jasmin B.	09:00 – 09:55
	CORE® 40min.	GF	Aira Z.	10:05 – 10:50
	Pilates	GF	Milana R.	12:10 – 13:05
	Functional Grouptraining		Fitness Team	12:10 – 12:55
	CORE®	GF	Joel P.	17:30 – 18:00
	BODYPUMP®	GF	Yolanda S.	18:10 – 19:05
	BODYPUMP®	GF	Andrea O.	19:15 – 20:10
<b>Freitag</b>	Vinyasa Yoga	GF	Cornelia G.	08:30 – 09:25
	Indoor Cycling	SP	Claudia L.D.	09:00 – 09:55
	Pilates	GF	Zoe B.	09:45 – 10:40
	BODYPUMP®	GF	Jolanda R.	12:10 – 13:05
	BODYPUMP®	GF	Jasmin B.	17:00 – 17:55
<b>Samstag</b>	Indoor Cycling	SP	Maria-Lena W.	09:30 – 10:45
	GRIT®	GF	Katja S.	09:00 – 09:30
	Zumba Party®	GF	Jessica S.	09:30 – 10:45
<b>Sonntag</b>	BODYPUMP®	GF	Jasmin B.	09:30 – 10:25
	Special CORE 40®	GF	Jasmin B.	10:30 – 11:10

### Aktuelles Kursprogramm Online:



### Betreutes Kinderparadies

Montag bis Freitag:	08:00 – 11:30
Samstag bis Sonntag:	09:00 – 12:00