



Tag	Kurs	Trainer*in	Zeit
Montag	BodyART®	Gudrun K.	10:00 - 10:55
	ZUMBA®	Paola P.	12:15 - 13:10
	ZUMBA®	Andreia G.	18:00 - 18:55
	CORE®	Wan Soo Y.	19:00 - 19:25
	BODYPUMP®	Wan Soo Y.	19:30 - 20:25
Dienstag	Yoga	Nicole G.	09:30 - 10:40
	BODYPUMP®	Ramita F.	12:00 - 12:55
	Functional Grouptraining*	Fitness Team	15:00 - 15:45
	BODYPUMP®	Seyram B.	18:00 - 18:55
	Power Yoga	Ausra G.	19:15 - 20:25
Mittwoch	BODYPUMP®	Susette G.	09:00 - 09:55
	Bodytoning	Nicole G.	10:00 - 10:55
	Yoga	Yvonne B.	12:15 - 13:10
	Pilates	Cristina M.	18:00 - 18:55
	TôSôX®	Cristina M.	19:00 - 19:55
	Pilates	Cristina M.	20:00 - 20:40
Donnerstag	TôSôX®	Sara G.	09:00 - 09:55
	ZUMBA®	Younglan A.	18:00 - 18:55
	BODYPUMP®	Andreas G.	19:00 - 19:55
Freitag	BODYPUMP® Favourite Mix	Ramita F.	09:00 - 09:55
	TôSôX® You and your inner "X"	Veleria H.	10:00 - 10:55
	Yoga in Red	Peter G.	12:15 - 13:10
	Functional Grouptraining*	Fitness Team	17:00 - 17:45
Samstag	Ritmo do Brazil	Andreia G.	09:30 - 10:55
	Pilates back to Basics	Cristina M.	11:00 - 11:55
	Power Yoga	Cristina M.	12:00 - 12:55
Sonntag	Yoga FLOW	Marianne B.	10:00 - 11:10
	BODYPUMP® in the Dark	Regula K.	11:30 - 12:25
	M.A.X.® meets CORE®	Regula K.	12:30 - 13:25

*findet auf der Fitness-Fläche statt

Aktuelles Kursprogramm online



Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

Montag bis Freitag:	08:45 - 11:30
Samstag:	09:30 - 12:30