



Tag	Kurs	Trainer*in	Zeit
<b>Montag</b>	Dance	Ria S.	10:00 - 10:55
	BODYPUMP®	Heinz B.	12:00 - 12:55
	M.A.X .@	Claudia R.	18:00 - 18:25
	Coretraining	Claudia R.	18:30 - 18:55
	BODYPUMP®	Claudia R.	19:00 - 19:55
<b>Dienstag</b>	BODYPUMP®	Kirsty R./Nico P.	07:00 - 07:55
	Yoga	Charlotte G.	12:15 - 13:10
	TôSôX®	Sara A.	18:00 - 18:55
	Power Yoga	Cristina M.	19:15 - 20:25
<b>Mittwoch</b>	Pilates	Oksana S.	09:15 - 10:10
	BODYPUMP®	Heinz M.	12:00 - 12:55
	Yin Yoga	Alvaro B.	17:45 - 18:55
	TôSôX®	Sara G.	19:00 - 19:55
	BODYPUMP®	Michel O.	20:00 - 20:55
<b>Donnerstag</b>	Bodytoning	Fabian K.	12:15 - 13:10
	Step (Niveau : Mittel)	Nina S.	18:00 - 18:55
	BODYPUMP®	Cristina M.	19:00 - 19:55
	ZUMBA®	Simon H.	20:00 - 20:55
<b>Freitag</b>	BODYPUMP® best of 10 Years	Cristina M.	09:15 - 10:10
	Coretraining intense	Cristina M.	10:15 - 10:40
	Vinyasa Yoga meets Balance	Petra G.	12:15 - 13:10
	BODYPUMP® meets HIIT	Nadine F.	17:00 - 18:10
<b>Samstag</b>	Yoga meets Stretching	Petra G.	09:10 - 10:20
	BODYPUMP® Best of last years	Patrick H.	10:30 - 11:25
	Coretraining intense	Patrick H.	11:30 - 11:55
<b>Sonntag</b>	Pilates meets Stretching	Bianca T.	09:15 - 10:10
	ZUMBA® Party	Pascal M.	10:15 - 11:10
	TôSôX® Challenge mit Technik	Elena F.	11:30 - 12:25

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

Montag bis Freitag:	09:00 - 11:30
Samstag:	09:00 - 12:00

### Aktuelles Kursprogramm online

