



Tag	Kurs	Trainer*in	Zeit
Montag	Bodytoning	Adriana D.	09:00 - 09:55
	Pilates	Adriana D.	10:00 - 10:55
	BODYPUMP®	Sabrina P.	18:00 - 18:55
	BODYATTACK®	Sabrina P.	19:00 - 19:25
	Coretraining	Sabrina P.	19:30 - 19:55
Dienstag	Power Yoga	Loredana F.	09:00 - 09:55
	ZUMBA®	Evelin S.	10:00 - 10:55
	Bodytoning	Cinzia D.	18:00 - 18:55
	Yoga	Cinzia D.	19:00 - 19:55
Mittwoch	Bodytoning	Susanna A.	09:00 - 09:55
	Vital Fit	Susanna A.	10:00 - 10:55
	Stretching	Susanna A.	11:00 - 11:25
	BODYPUMP®	Ramona S.	12:00 - 12:55
	BODYATTACK®	Sabrina P.	18:05 - 18:45
	BODYPUMP®	Sabrina P.	18:55 - 19:50
	Yoga	Seraina G.	20:00 - 21:15
Donnerstag	BODYPUMP®	Elvira J.	09:00 - 09:55
	Pilates	Angela G.	10:00 - 10:55
	Intervall	Maria C.	18:00 - 18:25
	Coretraining	Maria C.	18:30 - 18:55
	BODYPUMP®	Heinz M.	19:00 - 19:55
Freitag	Red eighties meets Step	Natascha P.	09:00 - 09:55
	Pilates meets Yoga	Sereina W.	10:00 - 10:55
	BODYATTACK® MIX	Fabienne G.	18:45 - 19:25
Samstag	BODYPUMP® meets BODYATTACK®	Heinz M.	10:00 - 11:25
Sonntag	Step & Tone	Cinzia D.	10:00 - 10:55
	Yoga Flow	Cinzia D.	11:00 - 12:10

Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

Montag bis Freitag:	08:45 - 11:30
Samstag:	09:15 - 12:15

Aktuelles Kursprogramm online
