



Tag	Kurs	Trainer*in	Zeit
<b>Montag</b>	BODYPUMP®	Andrea S.	07:00 - 07:55
	Pilates	Monika S.	09:15 - 10:10
	Vital-Fit	Esther D.	10:15 - 11:10
	TôSô X®	Katharina L.	12:15 - 13:10
	ZUMBA®	Deborah M.	18:00 - 18:55
	Coretraining	Sarina T.	19:00 - 19:25
	BODYPUMP®	Sarina T.	19:30 - 20:25
<b>Dienstag</b>	Pilates	Gudrun K.	09:15 - 10:10
	BODYPUMP45®	Manuela B.	10:15 - 11:00
	BODYPUMP®	Konrad S.	12:15 - 13:10
	FunTone®	Sarina T.	18:00 - 18:55
	Yoga	Hans H.	19:00 - 20:10
<b>Mittwoch</b>	Yoga	Victoria D.	10:00 - 11:10
	Intervall Training	Mario N.	12:15 - 13:10
	TôSô X®	Valeria H.	18:00 - 18:55
	M.A.X.®	Melanie T.	19:00 - 19:25
	BODYPUMP®	Melanie T.	19:30 - 20:25
	Stretching	Melanie T.	20:30 - 20:55
<b>Donnerstag</b>	BODYPUMP®	Wendy L.	09:15 - 10:10
	BODYPUMP®	Nina H.	12:15 - 13:10
	Pilates	Peter G.	14:00 - 14:55
	Stretching	Mario N.	17:00 - 17:25
	Antara	Mario N.	17:30 - 18:25
	Bodytoning	Maria M.	18:30 - 19:25
	CORE®	Florian P.	19:30 - 19:55
	BODYPUMP®	Florian P.	20:00 - 20:55
<b>Freitag</b>	Pilates Dancing	Oksana S.	09:15 - 10:10
	Yoga Aloha	Natascha B.	12:15 - 13:10
	ZUMBA® Proud, shake and dance	Ana A.	17:30 - 18:25
	Pirates of CORE®	Daniela S.	18:30 - 18:55
	Pirates of BODYPUMP®	Daniela S.	19:00 - 19:55
<b>Samstag</b>	Step Surprise	Nina S.	10:00 - 10:55
	Yoga Flow & Balance	Karin M.	11:15 - 12:40
	BODYPUMP® Best of last years	Konrad S.	13:00 - 13:55
	CORE® Best of last years	Konrad S.	14:00 - 14:25
<b>Sonntag</b>	BODYPUMP® Best of 2023	Wendy L.	09:15 - 10:10
	M.A.X.® Mixed up	Paulo A.	10:30 - 10:55
	BODYPUMP® Best Tracks	Paulo A.	11:00 - 11:55

### Aktuelles Kursprogramm online



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

<b>Montag bis Freitag:</b>	09:00 - 11:45
<b>Samstag:</b>	09:45 - 13:00
<b>Sonntag:</b>	<b>09:00 - 12:15</b>