



Tag	Kurs	Trainer*in	Zeit
<b>Montag</b>	BODYPUMP®	Kirsty R.	09:15 - 10:10
	Indoor Cycling	Barbara K.	12:00 - 12:55
	Pilates	Monika S.	12:15 - 13:10
	BODYOMBAT®	Simone W.	17:00 - 17:55
	BODYPUMP®	Simone H.	18:00 - 18:55
	Indoor Cycling	Simo M.	19:00 - 19:55
	CORE®	Markus P.	19:00 - 19:25
	BODYATTACK®	Markus P.	19:30 - 20:25
<b>Dienstag</b>	Indoor Cycling	Sandra S./Silvia H.	07:00 - 07:45
	BODYPUMP®	Li L.	12:00 - 12:55
	Indoor Cycling	Valeria K.	18:00 - 18:55
	BODYSTEP®	Corinne K.	18:00 - 18:55
	Indoor Cycling	Hiday B.	19:00 - 19:55
	BODYPUMP®	Corinne K.	19:00 - 19:55
	BODYCOMBAT®	Vanessa L.	20:00 - 20:55
<b>Mittwoch</b>	BODYPUMP®	Seyram B.	06:45 - 07:40
	Yoga	Sabine W.	09:15 - 10:45
	Indoor Cycling	Sandra S.	12:00 - 12:55
	ZUMBA®	Patrick B.	12:15 - 13:10
	Bodytoning	Maria Elena M.	18:00 - 18:55
	Indoor Cycling	Daniel S.	18:45 - 19:45
	BODYCOMBAT®	Eduardo P.	19:00 - 19:55
	Yoga	Sebastian O.	20:00 - 21:15
<b>Donnerstag</b>	BODYATTACK®	Karin S.	12:00 - 12:55
	BODYPUMP®	Morena C.	18:00 - 18:55
	Indoor Cycling	Yvonne E.	18:00 - 18:55
	CORE®	Giuseppe L.	19:00 - 19:25
	BODYATTACK®	Giuseppe L.	19:30 - 20:25
<b>Freitag</b>	Indoor Cycling Tour du Monde	Sylvia H.	07:00 - 07:55
	BODYPUMP® back to the 90`s	Kirsty R.	09:00 - 09:55
	BODYSTEP® Surprise	Renate P.	12:00 - 12:55
	Indoor Cycling back to the 80`s	Martin S.	12:00 - 12:55
	Yoga Prana Flow	Hans G.	17:15 - 18:10
	Indoor Cycling intense fatburner	Denis D.	18:00 - 18:55
	CORE® Hits	Eduardo P.	18:30 - 18:55
	BODYPUMP® Time Travel	Eduardo P.	19:00 - 19:55
<b>Samstag</b>	BODYATTACK® Team Alert	Mirco R./Jan B.	10:00 - 10:55
	CORE® Hits	Eduardo P.	11:00 - 11:25
	Indoor Cycling 90`s Revival	Valeria K.	11:30 - 12:25
	BODYCOMBAT® Time Travel	Eduardo P.	11:30 - 12:25
<b>Sonntag</b>	CORE® Best of 2023	Markus P.	10:30 - 10:55
	Indoor Cycling XL	Sandra S.	11:00 - 12:25
	BODYPUMP® Best of 2023	Markus P.	11:00 - 11:55
	Hatha Yoga	Verena W.	16:00 - 17:30

### Aktuelles Kursprogramm online



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

Mo/ Do:	09:00 - 11:30
Di/Mi/Fr:	08:45 - 11:30
Samstag:	09:15 - 12:45