



Tag	Kurs	Kursraum	Trainer*in	Zeit
Montag	Pilates	1	Nora L.	08:15 - 09:10
	BODYBALANCE®	2	Myrtha L.	09:15 - 10:10
	ZUMBA®	1	Nora L.	09:15 - 10:10
	BODYPUMP®	1	Rahel M.	10:15 - 10:55
	GRIT®	1	Rahel M.	11:00 - 11:25
	BODYPUMP®	1	Adrian N.	12:00 - 12:55
	TRX®	2	Cédric R.	17:30 - 18:15
	CORE®	1	Melanie U.	18:00 - 18:30
	Indoor Cycling	2	Franz G.	18:15 - 19:25
	BODYATTACK®	1	Melanie U.	18:30 - 19:15
	BODYPUMP®	1	Melanie U.	19:30 - 20:25
	BODYBALANCE®	2	Christine K.	19:35 - 20:40
Dienstag	FunTone®	1	Myrtha L.	09:15 - 10:10
	Vital Fit	2	Brigitte B.	08.30 - 09:25
	Pilates	2	Myrtha L.	10:15 - 11:10
	CORE®	1	Cédric R.	12:15 - 12:45
	BODYCOMBAT®	1	Melanie K.	17:30 - 18:25
	Power Yoga	2	Catia B.	18:00 - 18:55
	GRIT Athletic/Cardio®	1	Melanie U.	18:30 - 19:00
	RPM/ Indoor Cycling	2	Melanie U.	19:15 - 20:00
	SPRINT®	2	Melanie U.	20:05 - 20:35
	Bodytoning	1	Amanda W.	19:15 - 20:10
Mittwoch	Functional Fitness Outdoor	1	Marion R.	06:15 - 07:10
	ZUMBA®	1	Nora G.	09:15 - 10:10
	Pilates	2	Rahel M.	09:00 - 09:55
	BODYPUMP®	1	Adrian N.	10:15 - 11:10
	BODYBALANCE®	1	Gabriel H.	12:15 - 13:00
	Functional Fitness Indoor	1	Gabriel H.	17:30 - 18:10
	Power Yoga	2	Francesco G.	18:00 - 18:55
	Bodytoning	1	Sandra W.	18.30 - 19.25
	GRIT®	1	Colin G.	19.30 - 19.55
Donnerstag	Power Yoga	2	Francesco G.	09:15 - 10:25
	BODYPUMP®	1	Rahel M.	09:00 - 09:55
	BODYATTACK®	1	Gabriel H.	10:15 - 11:10
	BODYPUMP®	1	Melanie U.	12:00 - 12:55
	BODYPUMP®	1	Adrian N.	17:30 - 18:25
	Pilates	2	Yulia V.	18:40 - 19:35
	GRIT Strength®	1	Adrian N.	18:45 - 19:15
	BODYCOMBAT®	1	Anja Sch.	19:30 - 20:25
Freitag	FunTone® Challenge – Meet your Limits	1	Myrtha L.	09:00 - 09:55
	Pilates	2	Yulia V.	09:00 - 09:55
	BODYBALANCE® with (even more) LOVE	1	Myrtha L.	10:00 - 10:55
	TRX®	2	Aline Z.	12.15 - 12.55
	BODYCOMBAT®	1	Lukas L.	18:00 - 18:55
	Yoga meets TRX®	2	Yulia V.	18:00 - 18:55
	BODYPUMP®	1	Lukas L.	19:00 - 19:55



Samstag	CORE®	1	Corine S.	09:30 - 10:00
	SPRINT®	2	Christian S.	09:30 - 10:00
	BODYPUMP®	1	Adrian N.	10:15 - 11:10
	TRX® Burning leg day	2	José S.	10:30 - 11:25
Sonntag	BODYPUMP®	1	Lukas L.	10:00 - 10:55
	Yoga meets TRX®	1	Yulia V.	09:45 - 10:40
	Indoor Cycling	1	Team	09:45 - 11:15
	BODYPUMP®	1	Team	15:30 - 16:25

Aktuelles Kursprogramm Online:



Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

Montag bis Freitag:	08:45 – 11:30
Samstag und Sonntag:	09:00 – 11:30