



Tag	Kurs	Kursraum	Trainer*in	Zeit
Montag	BODYPUMP®	GF	Sandra B.	08:30 – 09:25
	CORE®	GF	Sandra B.	09:30 – 10:00
	BODYPUMP®	GF	Andrea W.	18:00 – 18:55
	Indoor Cycling	SP	Patrick S.	18:30 – 19:25
	CORE®	GF	Andrea W.	19:00 – 19:30
	BODYPUMP®	GF	Irene K.	19:40 – 20:35
Dienstag	Body Toning	GF	Yvonne R.	08:30 – 09:25
	Pilates	GF	Claudia S.	09:30 – 10:25
	Pilates	GF	Milana R.	18:00 – 18:55
	Indoor Cycling	SP	Corinne I.	19:00 – 19:55
	ZUMBA®	GF	Geovanna Y.	19:00 – 19:55
	BODYPUMP®	GF	Team	20:05 – 21:00
Mittwoch	GRIT®	GF	Aleks S.	09:00 – 09:30
ALLERHEILIGEN	CORE®	GF	Aleks S.	09:35 – 10:05
	Indoor Cycling	SP	Silke K.	09:30 – 10:25
Donnerstag	Fun Tone	GF	Doris Z.	08:30 – 09:25
	Indoor Cycling	SP	Silke K.	08:30 – 09:25
	Power Yoga	GF	Doris Z.	09:30 – 10:25
	Dancess	GF	Rebecca K.	18:30 – 19:25
	GRIT®	GF	Aleks S.	19:30 – 20:00
	CORE®	GF	Aleks S.	20:05 – 20:35
Freitag	Pilates	GF	Andrea Z.	08:30 – 09:25
	BODYPUMP®	GF	Team	09:35 – 10:30
	BODYATTACK® Special	GF	Sandra B.	18:15 – 19:10
	Indoor Cycling Special	SP	Silke & Martin	18:15 – 19:10
Samstag	GRIT®	GF	Team	08:40 – 09:10
	Indoor Cycling	SP	Team	09:00 – 09:55
	RED ZUMBA® Party	GF	Giorgia L.	09:15 – 10:10
Sonntag	Indoor Cycling	SP	Team	09:00 – 09:55
	BODYPUMP® meets Attack	GF	Sandra B.	10:15 – 11:10

Aktuelles Kursprogramm online



Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

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