



Tag	Kurs	Kursraum	Trainer*in	Zeit
Montag	BODYPUMP®	GF	Petra D.	08:20 - 09:15
	Indoor Cycling	SP	Brigitte E.	08:30 - 09:25
	FunTone®	GF	Hellena H.	09:45 - 10:40
	BODYPUMP®	GF	Yvonne Z.	12:10 - 13:05
	Zumba®	GF	Irina W.	17:30 - 18:25
	Indoor Cycling	SP	Maria W.	18:15 - 19:10
	BODYPUMP®	GF	Ilona L.	18:45 - 19:40
	BODYBALANCE®	GF	Ilona L.	19:50 - 20:45
Dienstag	Power Yoga	GF	Martina K.	08:30 - 09:25
	Bodytoning	GF	Anamaria R.	18:00 - 18:55
	Indoor Cycling	SP	Daniel H.	18:15 - 19:10
	Step	GF	Lubica C.	19:00 - 19:55
	Indoor Cycling	SP	Daniel H.	19:20 - 20:15
	BODYPUMP®	GF	Eszter I.	20:05 - 21:00
Mittwoch	Pilates	GF	Viviane A..	10:00 - 10:55
Allerheiligen				
Donnerstag	BODYPUMP®	GF	TEAM	09:00 - 09:55
	Dance®	GF	Bureshe Z.	18:00 - 18:55
	Indoor Cycling	SP	Reto W.	18:15 - 19:10
	BODYPUMP®	GF	Petra D.	19:05 - 20:00
	Indoor Cycling	SP	Reto W.	19:20 - 20:15
Freitag	M.A.X.®	GF	Andrea M.	08:30 - 09:00
	CORE®	GF	Andrea M.	09:05 - 09:35
	Zumba® RED Party	GF	Aniko R.	09:50 - 10:45
	Pilates meets Ballet Barre	GF	Caroline G.	12:10 - 13:05
	Indoor Cycling	SP	Mark A.	12:10 - 13:05
Samstag	Indoor Cycling	SP	Beat W.	08:30 - 09:25
	CORE®	GF	Petra D.	08:30 - 09:00
	BODYPUMP® Special	GF	Petra D.	09:10 - 10:05
	Zumba® LED Party	GF	Nicola F.	10:15 - 11:30
Sonntag	Pilates	GF	Melanie S.	08:30 - 09:25
	Indoor Cycling	SP	Daniela B.	09:00 - 09:55
	BODYPUMP® meets CORE®	GF	Petra D. & Andrea M.	10:00 - 10:55

Aktuelles Kursprogramm Online:

Betreutes Kinderparadies

Montag bis Freitag:	08:00 - 11:30
Samstag & Sonntag:	08:15 - 11:45