



Tag	Kurs	Trainer*in	Zeit
Montag	BODYPUMP®	Paulo A.	09:00 - 09:55
	Pilates	Bianca T.	10:00 - 10:55
	BODYATTACK®	Regula K.	12:00 - 12:55
	M.A.X.®	Manuel V.	18:00 - 18:25
	BODYPUMP®	Manuel V.	18:30 - 19:25
	Yoga	Elena G.	19:30 - 20:40
Dienstag	Pilates	Ursina B.	09:00 - 09:55
	Vital Fit	Ursina B.	10:00 - 10:55
	Pilates	Christina B.	12:00 - 12:55
	CORE®	Ines T.	17:30 - 17:55
	BODYPUMP®	Ines T.	18:00 - 18:55
	ZUMBA®	Sabrina L.	19:05 - 20:00
Mittwoch	BODYPUMP®	Seyram B.	09:00 - 09:55
	ZUMBA®	Andreia G.	12:00 - 12:55
	BODYATTACK®	Andrea K.	18:00 - 18:55
	CORE®	Andrea K.	19:00 - 19:25
	BODYPUMP®	Regula K./Kevin E.	19:30 - 20:25
Donnerstag	Yoga	Maria M.	12:15 - 13:10
	CORE®	Manuela B.	17:30 - 17:55
	BODYPUMP®	Manuela B.	18:00 - 18:55
	TôsôX®	Raphael D.	19:10 - 20:05
Freitag	FunTone® MIX	Laura P.	09:00 - 09:55
	Coretraining	Laura P.	10:00 - 10:25
	ZUMBA® Red Party	Jessica D.	19:15 - 20:10
Samstag	BODYPUMP® Technik Training	Ines T./Kevin E.	09:30 - 09:55
	BODYPUMP® meets CORE®	Ines T./Kevin E.	10:00 - 11:10
Sonntag	RITMO DO BRAZIL	Andreia G.	09:30 - 10:55
	Yoga & Ayurveda	Bianca T.	11:00 - 12:10

Aktuelles Kursprogramm online



Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

Montag bis Freitag:	08:45 - 11:30
Samstag:	09:30 - 12:30