



Tag	Kurs	Kursraum	Trainer*in	Zeit
Montag	Bodytoning	GF	Bojana M.	08:35 - 09:30
	Dancecess	GF	Bojana M.	09:35 - 10:30
	Indoor Cycling	SP	Nadia M.	12:05 - 13:00
	CORE®	GF	Susanne H.	17:00 - 17:30
	GRIT®	GF	Susanne H.	17:35 - 18:05
	Indoor Cycling	SP	Fabien L.	18:15 - 19:10
	Power Yoga	GF	Ruth A.	18:15 - 19:10
	Zumba®	GF	Anita C.	19:15 - 20:10
	BODYPUMP®	GF	Nicole B.	20:20 - 21:15
Dienstag	BODYPUMP®	GF	Livia A.	08:30 - 09:25
	BODYBALANCE®	GF	Livia A.	09:35 - 10:30
	CORE®	GF	Roman T.	12:10 - 12:40
	BODYPUMP®	GF	Nicole B.	18:00 - 18:55
	GRIT®	GF	Andrea O.	19:05 - 19:35
	CORE®	GF	Andrea O.	19:40 - 20:10
Mittwoch	Indoor Cycling	SP	Marianne M.	09:30 - 10:25
Allerheiligen	BODYPUMP®	GF	Regina M.	10:00 - 10:55
Donnerstag	Pilates	GF	Lucia H.	08:15 - 09:10
	BODYPUMP®	GF	Stefanie M.	09:20 - 10:15
	Bodytoning Express	GF	Chiara F.	10:20 - 10:50
	BODYPUMP®	GF	Sabrina F.	12:10 - 13:05
	GRIT®	GF	Larissa S.	18:15 - 18:45
	Indoor Cycling	SP	Michael K.	18:30 - 19:25
	BODYBALANCE®	GF	Larissa S.	18:50 - 19:30
	Indoor Cycling	SP	Michael K.	19:30 - 20:25
	Pilates	GF	Nadia M.	19:40 - 20:35
Freitag	Special ganz			
	Körpertraining	GF	Karin G.	08:30 - 10:00
	BODYPUMP®	GF	Patricia R.	18:00 - 18:55
Samstag	Red BODYPUMP®	GF	Aniko R.	09:00 - 09:55
Sonntag	Cycling Fire on Bike	SP	Eugen H	09:30 - 10:25
	CORE®	GF	Patricia R.	09:30 - 09:55
	BODYPUMP®	GF	Patricia R.	10:05 - 11:00

Aktuelles Kursprogramm Online:



Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

Montag bis Freitag:	08:00 - 11:30
Samstag:	Geschlossen
Sonntag:	09:00 - 12:00
Feiertag:	09:15 - 11:45