



Tag	Kurs	Kursraum	Trainer*in	Zeit
Montag	Power Yoga	GF	Rita S.	08:30 – 09:25
	BODYPUMP®	GF	Rita S.	12:10 – 13:05
	Indoor Cycling	SP	Anneliese S.	19:00 – 19:55
	FunTone®	GF	Andrea B.	18:00 – 18:55
	M.A.X.®	GF	Andrea B.	19:00 – 20:05
	CORE®	GF	Andrea B.	19:35 – 20:05
	Power Yoga	GF	Olivia H.	20:10 – 21:05
Dienstag	BODYPUMP®	GF	Rita S.	08:30 – 09:25
	Indoor Cycling	GF	Nadja M.	09:30 – 10:25
	CORE®	GF	Rita S.	09:30 – 10:00
	Indoor Cycling	SP	Erika H.	12:00 – 12:55
	BODYPUMP®	GF	Fabio C.	18:00 – 18:55
	BODYATTACK®	GF	Selina L.	19:10 – 20:05
Mittwoch	Indoor Cycling	SP	Anneliese S.	09:30 – 10:25
Allerheiligen	BODYPUMP®	GF	Aniko R.	10:00 – 10:55
Donnerstag	Pilates	GF	Tania G.	08:30 – 09:25
	BODYPUMP®	GF	Petra A.	09:30 – 10:25
	Intervall Training	GF	Tanja W.	18:00 – 18:30
	CORE® 40'	GF	Tanja W.	18:35 – 19:15
	BODYPUMP®	GF	Bruno M.	19:30 – 20:25
Freitag	Fatburner	GF	Megi H.	08:30 – 09:25
	Power Yoga meets Technik	GF	Doris Z.	09:30 – 10:25
	BODYPUMP®	GF	Jeannine Z.	12:10 – 13:05
	Indoor Cycling	SP	Martin D.	12:00 – 12:55
	BODYPUMP®	GF	Susan L.	18:00 – 18:55
Samstag	BODYPUMP® meets CORE®	GF	Eliane Z.	09:15 – 10:10
	Indoor Cycling	SP	Anneliese S.	09:30 – 10:45
Sonntag	Cycling Schlager-Party	SP	Anneliese S.	09:30 – 10:25
	BODYBALANCE®	GF	Ramona E.	09:30 – 10:25
	BODYPUMP®	GF	Fabio C.	10:35 – 11:25

Aktuelles Kursprogramm Online:



Betreutes Kinderparadies

Montag bis Freitag:	08:00 - 11:30
Samstag & Sonntag:	09:00 - 12:00