



Tag	Kurs	Kursraum	Trainer*in	Zeit
<b>Montag</b>	CORE®	2	Janine S.	08:30 - 08:55
	Bodytoning	1	Aline G.	09:00 - 09:55
	Indoor Cycling	2	Eliane L.	09:05 - 10:00
	Antara®	1	Regina H.	10:00 - 10:55
	BODYBALANCE®	2	Aline G.	10:05 - 11:00
	BODYPUMP®	1	Katja N.	12:15 - 13:10
	BODYPUMP®	1	Roland v.N.	17:30 - 18:25
	Pilates	2	Michaela M.	18:00 - 18:55
	BODYPUMP®	1	Anita A.	18:30 - 19:25
	Yoga	2	Michaela M.	19:00 - 19:55
Fitboxe	1	Erich D.	19:35 - 20:30	
<b>Dienstag</b>	BODYPUMP®	1	Katja N.	06:30 - 07:25
	BODYPUMP®	1	Rachel R.	09:00 - 09:55
	Pilates	2	Michaela M.	09:00 - 09:55
	BODYBALANCE®	1	Rachel R.	10:00 - 10:55
	Rückentraining	2	Regina H.	10:00 - 10:55
	CORE®	1	Lisa M.	18:00 - 18:25
	BODYPUMP®	1	Lisa M.	18:35 - 19:30
	Indoor Cycling	2	Fabienne L.	18:30 - 19:25
	Antara®	2	Qendresa B.	19:30 - 20:25
	Fitboxe	1	Francesco B.	19:35 - 20:30
<b>Mittwoch</b>	Step	1	Janine S.	09:00 - 09:55
	Yoga	2	Michaela M.	09:00 - 09:55
	ZUMBA®	1	Rosa P.	10:00 - 10:55
	Pilates	2	Michaela M.	10:00 - 10:55
	<b>Functional Grouptraining</b>	<b>Fläche</b>	<b>Fitness Team</b>	<b>11:00 – 11:45</b>
	Yoga	2	Regina H.	18:00 - 18:55
	BODYATTACK®	1	Pascal I.	18:15 - 19:10
	Intervall Training	Outdoor	Werner G.	19:00 - 19:55
	BODYBALANCE®	2	Aline G.	19:00 - 19:55
	Fitboxe	1	Erich D.	19:15 - 20:10
<b>Donnerstag</b>	BODYPUMP®	1	Corinne U.	09:00 - 09:55
	Antara®	2	Regina P.	09:00 - 09:55
	Pilates	1	Regina P.	10:05 - 11:00
	Yoga	2	Michaela M.	18:00 - 18:55
	BODYATTACK®	1	Simon C.	18:00 - 18:55
	CORE®	1	Simon C.	19:00 - 19:25
	Indoor Cycling	2	Chrigi L.	19:35 - 20:30
	BODYPUMP®	1	Caroline E.	19:35 - 20:30
<b>Freitag</b>	Dancetone	1	Aline G.	09:00 - 09:55
	Yoga-Special	2	Michaela M.	09:00 - 09:55
	ZUMBA® intensity	1	Aline G.	10:00 - 10:55
	Rückenfit meets Antara age	2	Regina H.	10:00 - 10:55
	Best of CORE®	1	Rahel D.	17:30 - 17:55
	BODYPUMP® meets GRIT®	1	Rahel D.	18:00 - 18:55
	Indoor Cycling «let's Rock»	2	Daniel K.	18:00 - 18:55
<b>Samstag</b>	CORE® Special Mix	2	Lisa M.	09:10 - 09:50
	Best of BODYPUMP®	1	Sabrina F.	09:10 - 10:05
	Yogilates	2	Regina H.	10:00 - 10:55
	BODYATTACK® in Red	1	Nadine A.	10:15 - 11:10
<b>Sonntag</b>	BODYPUMP® meets CORE®	1	Lisa M.	09:10 - 10:05
	Yoga Special	2	Michaela M.	09:10 - 10:05
	Fitboxe «XPlode»	1	Maddalena C.	10:15 - 11:10
	Indoor Cycling «90er Jahre»	2	Caroline E.	10:15 - 11:10

**Aktuelles Kursprogramm Online:****Betreutes Kinderparadies** (Kinder bis zum 9. Geburtstag)

Montag bis Freitag:	08:45 - 11:30
Samstag und Sonntag:	09:00 - 11:30