



Tag	Kurs	Trainer*in	Zeit
<b>Montag</b>	Vital-Fit	Britta O.	09:00 - 09:55
	Bodytoning	Britta O.	10:00 - 10:55
	Yin Yoga	Linda K.	14:00 - 15:10
	Bodytoning	Melina A.	18:00 - 18:55
	ZUMBA®	Paola P.	19:00 - 19:55
	BODYPUMP®	Francisca B.	20:00 - 20:55
<b>Dienstag</b>	Bodytoning	Tanja P.	09:00 - 09:55
	BODYPUMP®	Tanja P.	10:00 - 10:55
	BODYPUMP®	Yves E.	18:00 - 18:55
	Pilates	Peter U.	19:10 - 20:05
<b>Mittwoch</b>	Bodytoning	Sandra M.	08:10 - 09:05
	Pilates	Daniela K.	09:10 - 10:05
	ZUMBA®	Paola P.	10:10 - 11:05
	Vital-Fit	Lais G.	14:00 - 14:55
	BODYATTACK®	Nicole M.	18:00 - 18:55
	Yin Yoga	Nathalie S.	19:10 - 20:05
<b>Donnerstag</b>	BODYATTACK®	Iris D.	08:30 - 08:55
	Bodytoning	Iris D.	09:00 - 09:55
	Power Yoga	Susanne O.	10:00 - 11:10
	Pilates	Daniela K.	12:00 - 12:55
	ZUMBA®	Alessia V.	18:00 - 18:55
	BODYPUMP®	Nicole M.	19:00 - 19:55
<b>Freitag</b>	Bodytoning back to the 80's	Astrid K.	08:10 - 09:05
	Vital-Fit meets Pilates	Valérie H.	09:10 - 10:05
	BODYPUMP® best of	Valérie H.	10:10 - 11:05
	BODYATTACK® Best ever	Roger B.	18:00 - 18:55
<b>Samstag</b>	Pilates - starke Mitte	Abigail J.	09:30 - 10:25
	ZUMBA® Party	Paola P.	10:30 - 11:25
	Bodytoning back to the 90's	Patricia H.	16:00 - 16:55
<b>Sonntag</b>	BODYATTACK® Best ever	Roger B.	09:30 - 10:25
	Coretraining meets CORE®	Stefanie H.	10:30 - 10:55
	BODYPUMP® best of	Stefanie H.	11:00 - 11:55

### Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

<b>Montag, Dienstag, Donnerstag, Freitag</b>	08:45 - 11:30
<b>Montag (Nachmittag)</b>	13:30 - 16:30
<b>Mittwoch</b>	08:00 - 11:30
<b>Samstag</b>	09:15 - 12:15

### Aktuelles Kursprogramm online

