

Kursplan ab 01.08.2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:15 - 10:15 Pilates Maty	09:15 - 10:15 Wirbelsäulengym. Linda	09:15 - 10:15 Mobility & Relax Maty	09:15 - 10:15 Wirbelsäulengym. Micha	08:15 - 09:15 Body Fit Micha	09:15 - 10:00 Mobility & Relax Vivian	09:15 - 10:15 Fit Mix Team
09:30 - 10:30 Cardio/ Kraftzirkel Linda	10:15 - 11:15 BodyPump Susann LM	10:15 - 11:30 Yoga Maty	10:15 - 11:15 Body Fit Linda	09:15 - 10:30 Yoga Annette	10:15 - 11:15 BodyPump Vivian LM	10:15 - 11:15 Fit Mix Team
10:15 - 11:15 Wirbelsäulengym. Andy	11:30 - 12:00 Core Susann	11:30 - 12:00 Core Andy	11:30 - 12:30 Yoga Annika	10:30 - 11:30 Wirbelsäulengym. Carolin		
10:30 - 11:30 Slings® Maty (Anmeldung)						
10:00 - 10:45 Aqua Gym Ramona	17:30 - 18:00 Tabata Gabi	16:30 - 17:00 Tabata Gabi	16:30 - 17:00 Core Vivian	17:00 - 18:00 Step Eva		
10:45 - 11:30 Aqua Gym Ramona	18:00 - 19:00 Pilates Gabi	17:00 - 18:00 Pilates Gabi	17:00 - 18:00 Faszien Training Vivian	18:00 - 19:00 Zumba Team		Kraft
16:45 - 17:45 Yoga Alisha	18:00 - 19:00 Slings® Ulli (Anmeldung)	18:00 - 19:00 Wirbelsäulengym. Ulli	18:00 - 19:00 BodyPump Susann LM	18:00 - 19:00 Slings® Eva (Anmeldung)		Cardio
18:00 - 19:00 Wirbelsäulengym. Carmen	19:00 - 20:00 Slings® Ulli (Anmeldung)	18:15 - 19:15 Slings® Gabi (Anmeldung)	19:15 - 20:30 Indoor Cycling Michel (Annika)	19:00 - 20:00 Body Fit Annika		Mobility
19:00 - 20:00 BodyPump Frank LM	19:15 - 20:15 Indoor Cycling Annika	19:00 - 20:15 Yoga Annette				im Mach Blau