

Sommer-Kursplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag



Wir leben Sport.

09:30 - 10:15

Core

09:30 - 10:15

WSG

10:30 - 11:00

BALLance

08:15 - 09:00

Body Workout

09:15 - 10:00

Step

09:15 - 10:00

Indoor-Cycling

10:15 - 11:15 Uhr

Rücken-Yoga

11:15 - 12:15

Rücken-Yoga

15:00 - 16:00

Fit Ü 50

18:00 - 18:45

TRX

17:30 - 18:15

WSG

18:00 - 19:00

Hot Iron Cross

18:00 - 18:45

WSG

18:00 - 19:00

Yoga for You

18:15 - 18:45

BALLance

Kursraum 1

18:15 - 19:00

TRX

18:45 - 19:30

Functional Training

18:00 - 19:00

Yoga

Kursraum 2

19:00 - 20:00

Run Club

19:00 - 19:45

Zumba

19:00 - 20:00

Hot Iron 1

18:00 - 18:45

TRX

Functional-Raum

19:15 - 20:00

Indoor-Cycling

19:00 - 20:00

Yoga for You

19:30 - 20:15

Body Workout

18:45 - 19:15

Mobility

19:30 - 20:00

Mobility

19:15 - 20:15

Power-Cycling

01.07.2026