

Kursplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag



Wir leben Sport.

09:30 - 10:15
Core

09:30 - 10:15
WSG

08:15 - 09:00
Body Workout

09:15 - 10:00
Step

08:45 - 09:30
WSG

09:45 - 10:15
Beckenboden

10:00 - 10:45
Zumba

10:30 - 11:00
BALLance

09:15 - 10:00
Indoor-Cycling

10:30 - 11:15
WSG

10:45 - 11:30
Bodyworkout

10:15 - 11:15
Rücken-Yoga

15:00 - 16:00
Fit Ü 50

17:30 - 18:10
Core

18:00 - 18:45
TRX

17:30 - 18:15
WSG

17:45 - 18:30
Step

18:00 - 19:00
Hot Iron 1

18:00 - 18:45
WSG

18:00 - 19:00
Yoga for You

18:15 - 18:45
BALLance

17:45 - 18:30
TRX

Kursraum 1

18:15 - 19:00
TRX

19:15 - 20:00
Latin Dance

18:00 - 19:00
Yoga

Kursraum 2

19:00 - 19:45
Zumba

19:00 - 20:00
Hot Iron Cross

18:30 - 19:00
BBP

Functional-Raum

19:15 - 20:15
Indoor-Cycling

19:00 - 20:00
Yoga for You

19:30 - 20:15
Body Workout

18:45 - 19:15
Mobility

19:15 - 20:15
Power-Cycling

01.07.25