

KURSRAUM 1

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 – 10:00 Rückengym Larissa	09:00 – 10:00 Body Pump Patricia	08:30 – 09:30 Body Combat Ilona	06:30 – 07:30 Body Pump Gitty	09:00 – 10:00 Step Choreo Michi	09:30 – 10:30 Rückengym Larissa	09:30 – 10:30 Body Pump Andrea
NEU 10:15 – 11:15 Zumba Fitness Michi	10:15 – 11:15 Aroha Larissa	09:45 – 10:45 Zumba Fitness Hanne	09:00 – 10:00 Pilates Filiz	10:15 – 11:15 Body Pump Eva	10:45 – 11:45 Body Pump Marie	10:45 – 11:45 Step Choreo Andrea
18:00 – 19:00 Pump Andreas	17:45 – 18:45 Toning Workout Ivonne	11:00 – 12:00 Dance Michi	16:45 – 17:45 Rückengym Beate	17:00 – 18:00 Zumba Fitness Ivonne	15:30 – 16:30 Cross Challenge Andreas	17:00 – 18:00 Body Combat Ilona/Ingrid
19:15 – 20:15 BBP Catherina	19:00 – 19:45 Body Pump Express Corinna	16:45 – 17:45 Rückengym Larissa	18:00 – 19:00 Body Pump Patricia	18:15 – 19:15 Rückengym Kornelia	16:45 – 17:45 Dance im Wechsel	18:45 – 19:45 Zumba Fitness Flo
20:30 – 21:30 Body Combat Seth	20:00 – 21:00 Dance Biggi	18:00 – 19:00 Cross Challenge Andreas	19:15 – 20:15 Zumba Fitness Flo	19:30 – 20:30 Body Combat Sina	18:00 – 19:00 Strong Nation Christin	
		Ab 26. Oktober 22 NEU 19:00 – 20:00 Step Middle Babsi				
		20:00 – 21:00 Body Pump Biggi				
		NEU 21:15 – 21:45 Bauch+ Biggi				

KURSRAUM 2

10:15 – 11:15 Yoga sensitiv Sonja	10:15 – 11:15 Rückengym Kornelia	08:00 – 09:00 Rückengym Beate	08:30 – 09:30 Yoga sensitiv Mine	NEU 07:30 – 08:30 Yoga Early Bird Xavy	11:00 – 12:00 Toning Workout Larissa	08:45 – 09:45 Pilates Filiz
15:30 – 16:15 Zumba Kids 4-7 Jahre Lisa	16:45 – 17:45 Yoga sensitiv Neeta	09:45 – 10:45 Rücken-/Faszientfit Ilona	NEU 10:15 – 11:15 Yoga intensiv Olga	NEU 08:45 – 09:45 Pilates Hanne	16:00 – 17:00 Yoga Angelika	10:00 – 11:00 Power Chi / Yoga Hanne
NEU 17:30 – 18:30 Rückengym Beate		16:00 – 16:45 Yoga Kids 6-10 Jahre Larissa	18:00 – 19:00 BBP Corinna	NEU 10:00 – 11:00 bodyART Hanne		11:15 – 12:15 Rückengym Hanne
18:30 – 19:30 Yoga intensiv Claudia		19:00 – 20:00 Yoga sensitiv Claudia	19:15 – 20:15 Yoga Flow Eva	19:30 – 20:30 bodyART Janet		
		20:15 – 21:15 bodyART Janet				

KURSRAUM 3

06:30 – 07:30 Morning Cycle Tina	09:15 – 10:15 Mountain Andi	06:30 – 07:30 Morning Cycle Tanja	10:00 – 11:00 Rotation Class Betti	06:30 – 07:30 Morning Cycle Andi M.	09:45 – 10:45 Grundlagen- ausdauer (GLA) Manu	08:30 – 09:30 Sweet Spot Raresch
19:00 – 20:00 All Terrain Jürgen	10:30 – 11:30 Einsteiger Jutta	17:45 – 18:45 Metabolic Gaby	17:00 – 18:00 Einsteiger Stefan B.	09:00 – 10:00 All Terrain Stephan	11:00 – 12:00 BPM Betti	09:45 – 10:30 Get Fit Stephan J.
20:15 – 21:15 Fun Cycling Jürgen	16:30 – 17:30 Sports Cross Manu	19:00 – 20:30 Rotation Class Andi W.	18:15 – 19:15 After Work Ricardo	17:00 – 18:00 After Work Carina		10:45 – 11:45 Metabolic Stephan J.
	17:45 – 18:45 After Work Corinna		19:15 – 20:15 Night Ride Ricardo	18:15 – 19:15 Intervall Marie		NEU 17:00 – 18:00 Mixed Class Marie
				Jeden letzten Freitag im Monat 19:30 – 20:45 FTP-Powertest		NEU 18:15 – 19:15 Einsteiger Jürgen

Outdoor

	18:30 Lauftreff Christoph					
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