

Öffnungszeiten

Montag - Freitag 06.00 - 23.00 Uhr
 Samstag 06.00 - 21.00 Uhr
 Sonn- und Feiertage 08.00 - 21.00 Uhr

Kinderbetreuung MiniMax



Montag, Mittwoch und Freitag 08.30 - 12.00 Uhr
 Sonn- und Feiertage 09.00 - 13.00 Uhr

KURSRAUM 1

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--|---|--|---|---|---|---|
| 08:30 - 09:30 Pilates Sabine | 09:00 - 10:00 Faszien Doris | 09:00 - 10:00 Rücken Nicole | 08:30 - 09:30 Zumba Fitness Bettina | 06:30 - 07:30 Body Pump Gaby | 09:30 - 10:30 BBP Sabine | 9:00 - 10:00 Zumba Fitness Bettina |
| 09:45 - 10:45 Rücken Sabine | 10:15 - 11:15 BBP Traudy | 10:15 - 11:15 Body Pump Kathrin K. | 10:00 - 11:00 Rücken Traudy | 08:30 - 09:30 Body Combat Ilona | 10:45 - 11:30 HIIT Workout Sabine | 10:15 - 11:15 Toning Workout Julie |
| 16:45 - 17:45 Body Pump Eva | 16:15 - 17:15 Body Pump Kathrin K. | 17:30 - 18:15 Fatburner/ Aerobic Traudy | 16:45 - 17:45 Body Pump Verena | 10:00 - 11:00 Zumba Fitness Monica | NEU ab 24. Feb '24 14:00 - 15:15 Knockout Fitness Hussin | 11:30 - 12:15 XCO Julie |
| 18:00 - 19:00 Step Anita | 17:30 - 18:30 Jumping Fitness Sabine | 18:30 - 19:30 Body Combat Dennis | 18:00 - 19:00 Jumping Fitness Sylvia | 14:00 - 15:00 Rücken/Stretch Eva | 15:30 - 16:30 Body Pump Sylvia | 17:00 - 18:00 Body Pump Dieter |
| 19:15 - 20:15 Rücken Nicole | 18:45 - 19:45 Booty Body Workout Eva | 19:45 - 20:45 Zumba Fitness Daniela | 19:15 - 20:15 BBP Kathrin B. | 17:15 - 18:00 Bauch plus Anita | | 18:15 - 19:15 BBP Dieter |
| 20:30 - 21:30 Body Pump David | 20:00 - 21:00 Body Pump Gitty | | | 18:15 - 19:15 Toning Workout Anita | | |
| | | | | 20:00 - 21:00 Body Pump Tom | | |

KURSRAUM 2

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|--|---|--|--|--|---|--|
| 08:30 - 09:30 Rücken Traudy | 09:00 - 10:00 TRX Claudia B. | 09:00 - 10:00 deepWORK Carmen | 10:00 - 11:00 BBP Andrea | 09:45 - 10:45 Rücken Sabine | 13:00 - 14:30 Krav Maga Markus | |
| 09:45 - 10:45 Toning Workout Carmen | 10:15 - 11:15 Rücken Andrea | 10:15 - 11:15 bodyART Carmen | NEU ab 22. Feb '24 16:30 - 17:15 Dance Kids (4-7 Jahre) Melissa | | | |
| 18:45 - 19:45 Zumba Fitness Debbie | 18:15 - 19:15 Kettlebell Florian | 19:45 - 20:45 TRX Barbara | 18:00 - 19:00 Pilates/Faszien Doris | | | |
| 20:00 - 21:00 Yoga Workout Gaby | | | 19:15 - 20:15 Rücken Doris | | | |

KURSRAUM 3

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|---|---|---|--|---|---|---|
| 06:30 - 07:30 Morning Cycling Jennifer | 09:00 - 10:00 Fat Burning Dark Ride Verena | 06:30 - 07:30 Morning Cycling Dark Ride Verena | 10:00 - 11:00 Ausdauer Sabine | 06:30 - 07:30 Morning Cycling Caro | 09:30 - 10:30 Mountain Rosa | 09:30 - 10:30 Einsteiger Kathrin |
| 09:00 - 10:00 All Terrain Lucy | 17:20 - 17:50 HIIT Cycling Kathrin | 09:00 - 10:00 Einsteiger Kathrin | 18:00 - 19:00 Intervall Manuela | 09:00 - 10:00 All Terrain Moni | 10:45 - 11:45 Einsteiger Rosa | 10:45 - 11:45 Intervall Kathrin |
| 10:15 - 11:15 Einsteiger Lucy | 18:00 - 19:00 Einsteiger Ralf | 18:00 - 19:00 Mixed Class Claudia | | 10:15 - 11:15 Einsteiger Moni | 17:00 - 18:00 Mixed Class Caro | 17:00 - 18:30 Ausdauer Sabrina |
| 17:00 - 18:00 Intervall Jutta | 19:15 - 20:15 Intervall Ralf | 19:15 - 20:30 Mountain Jürgen | | 18:00 - 19:00 Einsteiger Jürgen | | |
| 18:15 - 19:15 Ausdauer Rosa | | | | 19:15 - 20:15 Fun Cycling Jürgen | | |
| 19:30 - 20:30 Einsteiger Rosa | | | | | | |

Yogaraum

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|---|--|--|---|--|---|---|
| 09:30 - 10:30 Yoga meditativ Eva | 16:15 - 17:00 Kinder Yoga (6-10 Jahre) Sabine | 06:30 - 07:30 Yoga sensitiv Oliver | 08:45 - 09:45 Yoga intensiv Sabine | 08:30 - 09:30 Yoga meditativ Sabine | 17:00 - 18:00 Yoga sensitiv Oliver | 09:00 - 10:00 Yoga sensitiv Sabine |
| 18:30 - 19:30 Yin Yoga Eva | 17:30 - 18:30 Yoga Stretch Eva | 18:30 - 19:30 Yoga sensitiv Sandra H. | 17:15 - 18:15 Yoga sensitiv Eva | 18:15 - 19:15 Yoga intensiv Luba | | 10:15 - 11:15 Yoga intensiv Sabine |
| | NEU 18:45 - 19:45 Yoga sensitiv Sabine | | | | | 17:00 - 18:00 Yin Yoga Eva |

Functional

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|--|---|---|--|---|--|---|
| 09:30 - 10:15 BodyCross Jose | 17:30 - 18:15 BodyCross Lucy | 18:00 - 18:45 BodyCross Markus | 09:30 - 10:15 BodyCross Jutta | 16:00 - 16:45 BodyCross Tina | 09:30 - 10:15 BodyCross Kevin | 10:00 - 10:45 BodyCross Jose |
| 17:15 - 18:00 BodyCross Tina | 18:30 - 19:15 BodyCross Lucy | 19:00 - 19:45 BodyCross Sylvia | 18:00 - 19:00 Functional Training Mando | 17:00 - 17:45 BodyCross Tina | 10.30 - 11:15 Youngletics (14-17 Jahre) Kevin | FREIES TRAINING |
| 18:30 - 19:15 BodyCross Chris | | | 19:00 - 20:00 Functional Training Mando | | | |

Outdoor

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| | | 18:00 Laufgruppe Rosa & Kathrin | | 18:00 - 19:30 Boxen Basic beim BCI mit Hans Lobmeier | | |
| | | 18:30 Nordic Walking am Seehaus/ Baggersee Nicole | | Ort: Pestalozzi-Schule Jean-Paul-Straße 85055 Ingolstadt | | |