

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.	NEU 17:00 - 18:15 Box Fitness Hussin	16:45 - 17:45 Body Pump Verena	10:00 - 11:00 Zumba Fitness Monica	15:30 - 16:30 Body Pump Sylvia	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		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		NEU 20:15 - 21:15 Body Combat Dani	18:15 - 19:15 Toning Workout Anita		
				20:00 - 21:00 Body Pump Tom		

KURSRAUM 2

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	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

NEU 06:30 - 07:30 Morning Cycling Dany	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 - 18:00 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

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
	18:45 - 19:45 Yoga sensitiv Sabine					17:00 - 18:00 Yin Yoga Eva

Functional

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
NEU 18:30 - 19:15 BodyCross Jutta			19:00 - 20:00 Functional Training Mando			

Outdoor

		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		