

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



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
<b>KURSRAUM 1</b>	08:30 - 09:30 Pilates Sabine 09:45 - 10:45 Rücken Sabine 16:45 - 17:45 Body Pump Eva 18:00 - 19:00 Step Anita 19:15 - 20:15 Rücken Nicole 20:30 - 21:30 Body Pump David	<b>NEU</b> 09:00 - 10:00 Faszien in Bewegung Doris 10:15 - 11:15 BBP Traudy 16:15 - 17:15 Body Pump Kathrin K. 17:30 - 18:30 Jumping Fitness Sabine 18:45 - 19:45 Booty Body Workout Eva 20:00 - 21:00 Body Pump Gitty	09:00 - 10:00 Rücken Nicole 10:15 - 11:15 Body Pump Kathrin K. 17:30 - 18:15 Fatburner/ Aerobic Traudy 18:30 - 19:30 Body Combat Babsi 19:45 - 20:45 Zumba Fitness Daniela	08:30 - 09:30 Zumba Fitness Bettina 10:00 - 11:00 Rücken Traudy 16:45 - 17:45 Body Pump Verena 18:00 - 19:00 Jumping Fitness Sylvia 19:15 - 20:15 BBP Kathrin B. 20:15 - 21:15 Body Combat Dani	06:30 - 07:30 Body Pump Gaby 08:30 - 09:30 Body Combat Ilona 10:00 - 11:00 Zumba Fitness Monica 17:15 - 18:00 Bauch plus Anita 18:15 - 19:15 Toning Workout Anita 20:00 - 21:00 Body Pump Tom	09:30 - 10:30 BBP Sabine 10:45 - 11:30 HIIT Workout Sabine 15:30 - 16:30 Body Pump Sylvia <b>NEU</b> 16:45 - 17:30 Body Attack Sylvia	9:00 - 10:00 Zumba Fitness Bettina 10:15 - 11:15 Toning Workout Julie 11:30 - 12:15 XCO Julie 17:00 - 18:00 Body Pump Dieter 18:15 - 19:15 BBP Dieter		
	<b>KURSRAUM 2</b>	08:30 - 09:30 Rücken Traudy 09:45 - 10:45 Toning Workout Carmen 18:45 - 19:45 Zumba Fitness Debbie 20:00 - 21:00 Yoga Workout Gaby	09:00 - 10:00 TRX Claudia B. 10:15 - 11:15 Rücken Andrea 18:15 - 19:15 Kettlebell Florian	09:00 - 10:00 deepWORK Carmen 10:15 - 11:15 bodyART Carmen <b>NEU</b> 17:00 - 18:15 Box Fitness Hussin 19:45 - 20:45 TRX Barbara	10:00 - 11:00 BBP Andrea 16:30 - 17:15 Dance Kids (4-7 Jahre) Melissa 18:00 - 19:00 Pilates/Faszien Doris 19:15 - 20:15 Rücken Doris	09:45 - 10:45 Rücken Sabine	13:00 - 14:30 Krav Maga Markus		
		<b>KURSRAUM 3</b>	06:30 - 07:30 Morning Cycling Dany 09:00 - 10:00 All Terrain Lucy 17:00 - 18:00 Intervall Jutta 18:15 - 19:15 Ausdauer Rosa 19:30 - 20:30 Einsteiger Rosa	<b>NEU</b> 09:00 - 10:00 Einsteiger Verena 17:20 - 17:50 HIIT Cycling Kathrin <b>NEU</b> 18:00 - 19:00 Einsteiger Ralf 19:15 - 20:15 Intervall Ralf	06:30 - 07:30 Morning Cycling Dark Ride Verena 09:00 - 10:00 Einsteiger Kathrin 18:00 - 19:00 Mixed Class Claudia 19:15 - 20:30 Mountain Jürgen	10:00 - 11:00 Ausdauer Sabine 18:00 - 19:00 Intervall Manuela	06:30 - 07:30 Morning Cycling Caro 09:00 - 10:00 All Terrain Moni 10:15 - 11:15 Einsteiger Moni 18:00 - 19:00 Einsteiger Jürgen 19:15 - 20:15 Fun Cycling Jürgen	09:30 - 10:30 Mountain Rosa 10:45 - 11:45 Einsteiger Rosa <b>NEU</b> 17:00 - 18:00 Mixed Class Caro	09:30 - 10:30 Einsteiger Kathrin 10:45 - 11:45 Intervall Kathrin <b>NEU</b> AB 03.11.24 17:00 - 18:30 Ausdauer Sabrina
			<b>Yogaraum</b>		<b>NEU</b> 09:00 - 10:00 Yin Yoga meets Morning Flow Eva 16:15 - 17:00 Kinder Yoga (6-10 Jahre) Sabine 17:30 - 18:30 Yoga Stretch Eva 18:45 - 19:45 Yoga sensitiv Sabine	06:30 - 07:30 Yoga sensitiv Oliver 18:30 - 19:30 Yoga sensitiv Sandra H.	08:45 - 09:45 Yoga Flow & Strength Sabine 17:30 - 18:30 Yoga Flow Eva	08:30 - 09:30 Yoga meditativ Sabine <b>NEU</b> 14:00 - 15:00 Rücken/Stretch Eva <b>NEU</b> 18:00 - 19:00 Yoga Flow & Strength Lubica	17:00 - 18:00 Yoga sensitiv Oliver
<b>Functional</b>				09:30 - 10:15 BodyCross Jose 17:15 - 18:00 BodyCross Ina/Alex 18:30 - 19:15 BodyCross Jutta	17:30 - 18:15 BodyCross Lucy 18:30 - 19:15 BodyCross Lucy	18:00 - 18:45 BodyCross Markus 19:00 - 19:45 BodyCross Sylvia	09:30 - 10:15 BodyCross Jutta 18:00 - 19:00 <b>NEU</b> Functional Training Mando 19:00 - 20:00 <b>NEU</b> Functional Training Mando	16:00 - 16:45 BodyCross Ina/Alex 17:00 - 17:45 BodyCross Ina/Alex	10:00 - 10:45 BodyCross Alex <b>NEU</b> 11:00 - 11:45 Youngletics (14-17 Jahre) Alex
	<b>Outdoor</b>				18:00 Laufgruppe Rosa & Kathrin		18:00 - 19:30 Boxen Basic beim BCJ mit Hans Lobmeier Ort: Pestalozzi-Schule Jean-Paul-Straße 85055 Ingolstadt		