

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