

Montag

Uhrzeit	Kurs und Level	Raum
09:10	Bodystyling – Sissi	A (M) 1
09:10	Balance Swing – Petra	A 2
09:20	Cycling – Uli	alle 3
10:10	gesunder Rücken – Sissi	A (M) 1
14:00	anima Gym – Krisztina	A (M) 1
15:00	Mobility & Shape – Sani	A (M) 1
15:20	Cycling – Susanne	alle 3
17:00	NY Barre Toning – Sani	A (M) 1
17:10	Bodystyling – Uli	A (M) 2
18:00	gesunder Rücken – Sani	A (M) 1
18:10	Zumba – Zoe	F 2
18:20	Cycling – Elisabeth	alle 3
18:30	functional fit – Jassy	P (M) 4
19:00	Strong Nation – Chrissi	P (M) 1
19:10	Balance Swing – Hermine	A 2
19:20	Cycling – Elisabeth	alle 3
20:00	Yoga – Gudrun	A (M) 1
20:10	Jumping Fitness – Laura	F 2

Dienstag

Uhrzeit	Kurs und Level	Raum
09:00	Zumba – Rosi	A 1
09:10	HIIT meets Yoga – Mara	F (M) 2
10:00	slings Pilates – Rosi	A (M) 1
10:10	gesunder Rücken – Sissi	A (M) 2
16:00	Pilates – Lea	A (M) 1
17:00	slings athletic – Krisztina	F (M) 1
17:10	Jumping Fitness – Henry/Selina	F 2
18:00	Yoga Move – Krisztina	A (M) 1
18:10	HIIT meets Yoga – Henry/Laura	F (M) 2
18:20	Cycling – Susanne	alle 3
18:30	functional fit – Jassy	P (M) 4
19:00	Langhantel – Stefan	F 1
19:10	4 Streatz – Pam	A 2
19:20	Cycling – Susanne	alle 3

Mittwoch

Uhrzeit	Kurs und Level	Raum
09:00	BBP – Yvonne	A (M) 1
09:30	functional fit – Robert	P (M) 4
10:00	Mobility & Shape – Yvonne	A (M) 1
15:00	slings in rhythm – Elfi	A (M) 1
16:00	gesunder Rücken – Elfi	A (M) 1
17:00	Pilates – Hermine	A (M) 1
17:10	Langhantel – Uli	A (M) 2
17:20	Cycling – Hannes	alle 3
18:00	Balance Swing – Dani	A 1
18:10	Gymstick/BBP – Uli	F (M) 2
18:20	Cycling – Hannes	alle 3
18:30	functional fit – Eli	P (M) 4
19:00	Strong Nation – Zoe	P 1
19:10	gesunder Rücken – Uli	A (M) 2
20:00	Zumba – Zoe	F 1

Donnerstag

Uhrzeit	Kurs und Level	Raum
08:10	Yoga – Gudrun	F (M) 2
09:00	Balance Swing – Nicole	A 1
10:00	Bodystyling – Nicole	A (M) 1
10:20	Cycling – Uli	alle 3
16:00	4Streatz – Pam	A 1
17:00	NY Barre Toning – Pam	A (M) 1
17:10	Bodystyling – Uli	A (M) 2
18:00	Jumping Fitness – Henry	F 1
18:10	Yoga – Lisa	F (M) 2
18:20	Cycling – Anna	alle 3
19:00	HIIT – Chrissi	P (M) 1
19:10	Boxworkout – Jassy/Coco	F (M) 2
19:20	black ride – Katja	alle 3
20:00	Langhantel – Stefan	A (M) 1
20:10	Pilates – Lea	A (M) 2

Freitag

Uhrzeit	Kurs und Level	Raum
08:10	Yoga Move – Claudia	A (M) 2
09:00	Balance Swing – Sani	A 1
09:10	Gymstick/BBP	F (M) 2
10:00	NY Barre Toning – Sani	A (M) 1
10:10	Dance – Elfi	F 2
11:10	slings in rhythm – Elfi	A (M) 1
11:10	gesunder Rücken – Sissi	A (M) 2
14:00	Pilates – Hermine	A (M) 1
16:00	Balance Swing – Claudia	A 1
17:00	gesunder Rücken – Melli	A (M) 1
17:10	Strong Nation – Sabine	P (M) 2
17:30	functional fit – Jassy	P (M) 4
18:00	Jumping Fitness – Laura	F 1
18:10	Bodystyling – Melli	A (M) 2
18:20	Cycling – Lissi	alle 3
19:00	Yoga – Melina	A (M) 1

Samstag

Uhrzeit	Kurs und Level	Raum
09:00	Mobility & Shape – Corinna	A (M) 1
09:10	Balance Swing – Martina	A 2
09:20	Cycling – Verena	alle 3
10:00	Bodystyling – Pam/Chris	A (M) 1
10:10	HIIT – Corinna	P (M) 2
11:00	4 Streatz – Pam/Chris	A 1

Sonntag

Uhrzeit	Kurs und Level	Raum
09:00	Balance Swing – Elisabeth	A 1
09:10	Yoga – Eva	A (M) 2
09:20	Cycling – Moni/Katja	alle 3
10:00	Balance Swing – Elisabeth	A 1
10:10	Yoga – Eva	F (M) 2
10:20	Cycling – Moni/Katja	alle 3
11:00	Langhantel – Elisabeth	A (M) 1
11:10	HIIT meets Yoga – Courtney	F (M) 2
16:00	Jumping Fitness – Selina	F 1
17:00	Surprise	A (M) 1



Winterkursplan
gültig ab 07.01.2025

Bei allen mit (M) gekennzeichneten Kursen bitte eine eigene Trainingsmatte mitbringen!

Kurs-Level
A = Anfänger | F = Fortgeschrittene | P = Profis