

Montag

Uhrzeit	Kurs und Level	Raum
09:10	Bodystyling – Sissi A	Ⓜ 1
09:10	Balance Swing – Petra A	2
09:20	Cycling all levels – Uli alle	3
10:10	gesunder Rücken – Sissi A	Ⓜ 1
14:00	anima Gym – Krisztina A	Ⓜ 1
15:00	Yoga Move – Krisztina A	Ⓜ 1
17:00	NY Barre Toning – Sani A	Ⓜ 1
17:10	Bodystyling – Uli A	Ⓜ 2
18:00	gesunder Rücken – Sani A	Ⓜ 1
18:10	Zumba – Zoe F	2
18:20	Cycling all levels – Elisabeth alle	3
18:30	functional fit – Jassy P	Ⓜ 4
19:00	Strong Nation – Chrissi P	Ⓜ 1
19:10	Balance Swing – Hermine A	2
19:20	Cycling all levels – Elisabeth alle	3
20:00	Yoga – Gudrun A	Ⓜ 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	Ⓜ 2
10:00	slings Pilates – Rosi A	Ⓜ 1
10:10	gesunder Rücken – Sissi A	Ⓜ 2
10:30	Aqua gym – Mara A	Pool
16:00	Pilates – Lea A	Ⓜ 1
17:00	slings athletic – Krisztina F	Ⓜ 1
17:10	Jumping Fitness – Henry F	2
18:00	Yoga Move – Krisztina A	Ⓜ 1
18:10	HIIT meets Yoga – Henry/Laura F	Ⓜ 2
18:20	Cycling all levels – Susanne alle	3
18:30	functional fit – Jassy P	Ⓜ 4
19:00	Langhantel – Stefan F	1
19:10	4 Streatz – Pam A	2
19:20	Cycling all levels – Susanne alle	3

Mittwoch

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

Donnerstag

Uhrzeit	Kurs und Level	Raum
08:10	Yoga – Gudrun F	Ⓜ 2
09:00	Balance Swing – Melli A	1
09:20	Cycling all levels – Uli alle	3
10:00	Bodystyling – Melli A	Ⓜ 1
16:00	4Streatz – Pam A	1
17:00	NY Barre Toning – Pam A	Ⓜ 1
17:10	Bodystyling – Lena A	Ⓜ 2
18:00	Jumping Fitness – Selina F	1
18:10	Yoga – Lisa F	Ⓜ 2
18:20	Cycling basic – Verena alle	3
18:30	functional fit – Eli P	Ⓜ 4
18:30	Aqua gym – Mara A	Pool
19:00	slings athletic – Uli F	Ⓜ 1
20:00	Langhantel – Stefan A	Ⓜ 1
20:10	Pilates – Lea F	Ⓜ 2

Freitag

Uhrzeit	Kurs und Level	Raum
08:10	Yoga Move – Claudia A	Ⓜ 2
09:00	Balance Swing – Sani A	1
09:10	Gymstick/BBP F	Ⓜ 2
10:00	NY Barre Toning – Sani A	Ⓜ 1
10:10	Dance – Elfi F	2
11:10	slings in rhythm – Elfi A	Ⓜ 1
11:10	gesunder Rücken – Sissi A	Ⓜ 2
14:00	Pilates – Hermine A	Ⓜ 1
15:00	Aqua gym – Jonas A	Pool
16:00	Balance Swing – Claudia A	1
17:00	gesunder Rücken – Melli A	Ⓜ 1
17:10	Strong Nation – Sabine P	Ⓜ 2
17:30	functional fit – Jassy P	Ⓜ 4
18:00	Jumping Fitness – Laura F	1
18:10	Bodystyling – Melli A	Ⓜ 2
18:20	Cycling all levels – Lissi alle	3
19:00	Yoga – Melina A	Ⓜ 1

Samstag

Uhrzeit	Kurs und Level	Raum
09:00	Mobility & Shape – Corinna A	Ⓜ 1
09:10	Balance Swing – Martina A	2
09:20	Cycling basic – Verena alle	3
10:00	Bodystyling – Pam/Chris A	Ⓜ 1
10:10	HIIT – Corinna P	Ⓜ 2
10:30	Aqua gym A	Pool
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	Ⓜ 2
09:20	Cycling all levels – Katja/Bernd alle	3
10:00	Balance Swing – Elisabeth A	1
10:10	Yoga – Eva F	Ⓜ 2
10:20	Cycling basic – Katja/Bernd alle	3
11:00	Langhantel – Elisabeth A	Ⓜ 1
11:10	HIIT meets Yoga – Courtney F	Ⓜ 2
16:00	Jumping Fitness – Selina/Henry F	2
17:00	Surprise A	Ⓜ 1



FÜR MEHR LEBENSKRAFT

Sommerkursplan

gültig ab 28.04.2025

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

Kurs-Level

A = Anfänger | F = Fortgeschrittene | P = Profis