

Montag

Uhrzeit	Kurs und Level	Raum
08:30	HYROX Basic - Sabine	F 4
09:10	Bodystyling - Sissi	A (M) 1
09:10	Balance Swing - Petra	A 2
09:20	Cycling all levels - Uli	alle 3
10:10	gesunder Rücken - Sissi	A (M) 1
14:00	anima Gym - Krisztina	A (M) 1
15:00	Yoga Move - Krisztina	A (M) 1
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 - Ann-Kathrin	F 2
18:20	Cycling all lev. - Elisabeth	alle 3
18:30	HYROX Complete - Niki	P 4
19:00	Strong Nation - Sabine	F (M) 1
19:10	Balance Swing - Hermine	A 2
19:20	Cycling all lev. - Elisabeth	alle 3
20:00	Yoga - Gudrun	A (M) 1
20:10	Jumping Fitness - Laura	F 2

Dienstag

Uhrzeit	Kurs und Level	Raum
08:00	Cycling Basic - Hermine	alle 3
09:00	Zumba - Rosi	A 1
09:10	HIIT meets Yoga - Mara	F (M) 2
10:00	Pilates Rosi	A (M) 1
10:10	gesunder Rücken - Sissi	A (M) 2
10:30	Aqua Gym - Mara	A Pool
15:00	Yoga - Melina	A (M) 1
16:00	Pilates - Lea	A (M) 1
17:00	slings athletic - Krisztina	F (M) 1
17:10	Jumping Fitness - Henry	F 2
18:00	Yoga move - Krisztina	A (M) 1
18:10	HIIT m.Yoga - Henry/Laura	F (M) 2
18:20	Cycl. all levels - Susanne	alle 3
18:30	functional fit - Jassy	P (M) 4
19:00	Langhantel - Stefan	F (M) 1
19:10	4 Streatz - Pam	A 2
19:20	Cycling basic - Susanne	alle 3
20:10	Yoga-reflow - Pam	A (M) 2

Mittwoch

Uhrzeit	Kurs und Level	Raum
09:00	BPP - Yvonne	A (M) 1
09:30	functional fit - Robert	P (M) 4
10:00	mobility & shape - Yvonne	A (M) 1
10:30	Aqua Gym - Ezgi	A Pool
15:00	slings in rhythm - Elfi	A (M) 1
16:00	gesunder Rücken - Elfi	A (M) 1
16:30	Aqua Gym - Ezgi	A Pool
17:00	Pilates - Hermine	A (M) 1
17:10	Langhantel - Uli	A (M) 2
17:20	Cycling all levels - Hannes	alle 3
18:00	Balance Swing - Dani	A 1
18:10	Gymstick/BBP - Uli	F (M) 2
18:20	Cycling all levels - Hannes	alle 3
19:00	HIIT - Chrissi	P (M) 1
19:10	ges. Rücken - Elisabeth	A (M) 2
20:00	Zumba - Ann-Kathrin	F 2

Donnerstag

Uhrzeit	Kurs und Level	Raum
08:10	Yoga - Gudrun	F (M) 2
09:00	Balance Swing - Melli	A 1
09:20	Cycling all levels - Uli	alle 3
10:00	Bodystyling - Nicole	A (M) 1
16:00	4 Streatz - Pam	A 1
17:00	NY Barre Toning - Pam	A (M) 1
17:10	Bodystyling - Lena	A (M) 2
18:00	Yoga - Lisa	F (M) 1
18:10	Jumping Fitness - Selina	F 2
18:20	Cycling all levels - Katja	alle 3
18:30	HYROX Complete - Marc	P 4
19:00	Yoga - Lisa	A (M) 1
19:10	BBP - Uli	F (M) 2
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
14:10	Meditation - Melina	A (M) 2
15:00	Pilates - Hermine	A (M) 1
15:00	Aqua Gym - Jonas	A Pool
16:00	Balance Swing - Claudia	A 1
17:00	gesunder Rücken - Melli	A (M) 1
17:10	HIIT - Sabine	F (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 all levels - Lissi	alle 3

Samstag

Uhrzeit	Kurs und Level	Raum
09:00	Mobility & Shape - Corinna	A (M) 1
09:10	Balance Swing - Martina	A 2
09:20	Cycling basic - Verena	alle 3
10:00	Bodystyling - Pam/Silvi	A (M) 1
10:10	HIIT - Corinna	P (M) 2
10:30	Aqua-Gym	A Pool
11:00	4 Streatz - Pam/Silvi	A 1
12:00	HYROX basic	F 4
16:00	surprise	A (M) 1

Sonntag

Uhrzeit	Kurs und Level	Raum
09:00	Balance Swing - Elisabeth	A 1
09:10	Yoga - Eva	A (M) 2
09:20	Cycl. all levels-Katja/Bernd	alle 3
10:00	Balance Swing - Elisabeth	A 1
10:10	Yoga - Eva	F (M) 2
10:20	Cycl. all levels-Katja/Bernd	alle 3
11:00	Langhantel - Elisabeth	A (M) 1
11:10	HIIT meets Yoga-Courtney	F (M) 2
16:00	Jumping Fitn.-Selina/Henry	F 2
17:00	surprise	A (M) 1

anima
FINEST SPORTS & SPA
FÜR MEHR LEBENSKRAFT

Winter-
kursplan
gültig ab 15.09.2025

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

Kurs-Level

A = Anfänger | F = Fortgeschrittene | P = Profis