

anima Kursplan ab 01.12.2025

Montag

		Level	Male	Personen
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	Sissi	A	M 1
18:10	Zumba	Ann-Kathrin	F	2
18:20	Cycling all levels	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 levels	Elisabeth	alle	3
20:00	Yoga	Gudrun	A	M 1
20:10	Jumping Fitness	Laura	F	2

Dienstag

		Level	Male	Personen
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
15:00	Yoga	Melina	A	M 2
16:00	Pilates		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 meets Yoga	Henry/Laura	F	M 2
18:20	Cycling all levels	Susanne	alle	3
18:30	functional fit	Jessi	P	M 4
19:00	Langhantel	Stefan	F	M 1
19:10	4 streets Tanzwiedubitz	Pam	A	2
19:20	Cycling basic	Susanne	alle	3
20:10	Yoga re-flow	Pam	A	M 2

Mittwoch

		Level	Male	Personen
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
16:30	HYROX complete	Manu	P	4
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	Christi	P	M 1
19:10	gesunder Rücken	Elisabeth	A	M 2
20:00	Zumba	Ann-Kathrin	F	2



Kurs-Level: A = Anfänger; F= Fortgeschritten; P = Profis



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Samstag

Donnerstag

		Level	Male	Personen
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 streets Tanzwiedubitz	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	
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		A	M 2

Freitag

		Level	Male	Personen
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	Meditation	Melina	A	M 1
15:00	Pilates	Hermine	A	M 1
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

		Level	Male	Personen
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
11:00	4 streets Tanzwiedubitz	Pam/Silvi	A	M 1
12:00	HYROX Basic		F	4
16:00	surprise		A	M 1

Sonntag

		Level	Male	Personen
09:00	Balance Swing	Elisabeth	A	1
09:10	Yoga	Eva	A	M 2
09:20	Cycling all levels	Katja/Bernd	alle	3
10:00	Balance Swing	Elisabeth	A	1
10:10	Yoga	Eva	F	M 2
11:00	Langhantel	Elisabeth	A	M 1
11:10	HIIT meets Yoga	Courtney	F	M 2
17:00	surprise		A	M 1
18:00	Jumping	Selina	F	1

