

Kursplan gültig ab 10. Juni 2026

Montag

Uhrzeit			Level/Matte/Raum
08:00	meditatives Yoga	Kirsten	A M 5
08:30	HYROX Basic	Sabine	F out
09:00	Yoga meets Pilates	Kirsten	A M 5
09:00	Balance Swing	Petra	A 1
09:10	Bodystyling	Sissi	A M 2
10:15	Faszien-Pilates	Petra G.	A M 5
10:10	gesunder Rücken	Uli	A M 2
11:15	Faszien-Pilates	Petra G.	A M 5
14:00	anima Gym	Krisztina	A M 1
15:00	Yoga Move	Krisztina	A M 1
16:30	Rücken Yoga	Kirsten	A M 5
17:00	NY Barre Toning	Sani	A M 1
17:00	Aqua gym	Sabine	A out
17:10	Bodystyling	Uli	A M 2
17:30	Yoga & Klang	Kirsten	A M 5
18:00	gesunder Rücken	Sani	A M 1
18:10	Zumba	Ann-Kathrin	F 2
18:20	Cycling all levels	Elisabeth	alle 3
18:30	HYROX complete	Niki	P out
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

Uhrzeit			Level/Matte/Raum
09:00	Zumba	Rosi	A 1
10:00	Pilates	Rosi	A M 1
10:00	Physio FIT	Sabine	A M 5
10:10	gesunder Rücken	Sissi	A M 2
11:00	PME (Muskelentsp.)	Sabine	A M 5
15:00	Pilates	Mara	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	HIT meets Yoga	Henry/Laura	F M 2
18:20	Cycling all levels	Susanne	alle 3
18:30	functional fit	Jassi	P M out
19:00	Langhantel	Stefan	F M 1
19:10	4streatz Tanzwiedubist	Pam	A 2
19:20	Cycling basic	Susanne	alle 3
20:10	Yoga reflow	Pam	A M 2

Mittwoch

Uhrzeit			Level/Matte/Raum
09:00	BBP	Yvonne	A M 1
09:30	functional fit	Robert	P M out
10:00	mobility & shape	Yvonne	A M 1
11:00	Yoga	Nadine	A M 5
16:00	Aqua gym	Mara	A out
16:30	HYROX complete	Manu	P out
17:00	Pilates	Hermine	A M 1
17:10	Langhantel	Uli	A M 2
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	HIT	Chrissi	P M 1
19:10	PME (Muskelentsp.)	Dani	A M 5
19:10	gesunder Rücken	Sani	A M 2
20:00	Zumba	Ann-Kathrin	F 2

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Donnerstag

Uhrzeit	Level/Matte/Raum		
08:10	Yoga	Gudrun	F M 2
09:00	Balance Swing	Melli	A 1
09:00	Physio FIT	Pertra B.	A M 5
09:20	Cycling all levels	Uli	alle 3
10:00	HIIT meets Yoga	Mara	A M 1
11:30	Aqua gym	Mara	A out
15:00	Yoga	Melina	A M 5
16:00	4streatz Tanzwiedubist	Pam	A 1
16:00	PME (Muskelentsp.)	Melina	A M 5
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 out
18:30	Sammolahari Yoga	Pam	A M 5
19:00	Yoga	Lisa	A M 1
19:10	BBP	Uli	F M 2
20:00	Langhantel	Stefan	A M 1
20:10	Pilates	Melli	A M 2

Freitag

Uhrzeit	Level/Matte/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
13:15	Aqua gym	Jonas	A out
14:00	Meditation	Melina	A M 5
14:30	Lauftreff Einsteiger	Sabine	A out
15:00	Pilates	Hermine	A M 1
14:30	Lauftreff Fortgeschr.	Sabine	F out
16:00	Balance Swing	Claudia	A 1
17:00	gesunder Rücken	Melli	A M 1
17:00	PME (Muskelentsp.)	Laura	A M 5
17:30	functional fit	Jassy	P M out
18:00	Jumping fitness	Laura/Meli	F 1
18:10	Bodystyling	Melli	A M 2
18:20	Cycling all levels	Lissi	alle 3

Samstag

Uhrzeit	Level/Matte/Raum		
09:00	mobility & shape	Corinna	A M 1
09:10	Balance Swing	Selina	A 2
09:20	Cycling Basic	Verena	alle 3
10:00	Bodystyling	Pam	M 1
10:30	HXROX Basic	Tobi/Carina	F out
10:30	Aqua gym		A out
11:00	4streatz Tanzwiedubist	Pam	A 1

Sonntag

Uhrzeit	Kurs / Level / Matte		Raum
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
10:20	Cycling all levels	Katja/Bernd	alle 3
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

Bei allen mit „M“ gekennzeichneten Kursen bitte eine eigene Trainingsmatte mitbringen! Kurs-Level: A = Anfänger | F = Fortgeschrittene | P = Profis