

Kurs-
änderungen
in Blau

Herbst/Winter-Kursplan ab 14.09.2026

Montag

Uhrzeit		Level/Matte/Raum
08:00	Sanftes Yoga	Tanja M. A M 5
09:00	Yoga Bauch/Rücken	Tanja M. A M 5
09:00	Balance Swing	Petra A 1
09:00	Cycling all levels	Uli A 3
09:10	Bodystyling	Sissi A M 2
10:15	Faszien-Pilates	Petra G. A M 5
10:00	gesunder Rücken	Uli A M 1
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
15:30	Hatha Yoga Balance/Kraft	Tanja M. F M 5
16:30	Rücken Yoga	Tanja M. A M 5
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 levels	Elisabeth alle 3
18:30	HYROX complete	Niki P 4
19:00	strong nation	Sabine S. 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
09:10	gesunder Rücken	Sissi A M 2
10:00	Pilates	Rosi A M 1
10:10	Physio FIT	Sabine S. A M 2
11:10	PME (Muskelentsp.)	Sabine S. A M 5
17:00	slings athletic	Krisztina F M 1
17:10	Jumping Fitness	Meli F 2
18:00	Yoga move	Krisztina A M 1
18:10	HIIT meets Yoga	Laura F M 2
18:20	Cycling all levels	Susanne alle 3
18:30	functional fit	Sabine Sch. P 4
19:00	Langhantel	Stefan F M 1
19:10	4streatz Tanzwiedubist	Pam A 2
19:20	Cycling basic	Susanne alle 3
20:00	Langhantel	Stefan F M 1
20:10	Yoga reflow	Pam A M 2

Mittwoch

Uhrzeit		Level/Matte/Raum
08:30	Beckenboden	Isabel F M 1
09:00	BBP	Yvonne A M 1
09:20	Cycling all levels	Klaus A 3
09:30	functional fit	Robert P 4
10:00	mobility & shape	Yvonne A M 1
11:00	Yoga	Nadine A M 5
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 A 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	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
08:30 HYROX Basic	Sabine S.	F	4
09:00 Balance Swing	Melli	A	1
09:00 Physio FIT	Pertra B.	A	M 5
10:00 Bodystyling	Uli	A	M 1
15:00 Yoga	Melina	A	M 5
16:00 PME (Muskelentsp.)	Melina	A	M 5
16:00 4streatz Tanzwiedubist	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	A	3
18:30 HYROX complete	Marc	P	4
18:30 Sammolahari Yoga	Pam	A	M 5
19:00 Yoga	Lisa	A	M 1
19:10 HIIT light	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
14:00 Meditation	Melina	A	M 5
15:00 Pilates	Hermine	A	M 1
16:00 Balance Swing	Elisabeth	A	1
17:00 gesunder Rücken	Melli	A	M 1
17:00 PME (Muskelentsp.)	Laura	A	M 5
17:10 Langhantel	Elisabeth	F	M 2
17:30 functional fit	Nora	P	4
18:00 Jumping fitness	Laura/Meli	F	1
18:10 Bodystyling	Melli	A	M 2
18:20 Cycling all levels	Lissi	alle	3
19:20 Yoga	Patrick	A	M 5

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
10:10 Jumping Fitness	Selina	F	2
10:30 HXROX Basic	Tobi/Carina	F	4
11:00 4streatz Tanzwiedubist	Pam	A	1
15:00 functional fit	Sabine Sch.	P	4
16:00 surprise		A	M 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

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