

Dein Kursplan

Erlebe Spaß und Action bei unseren Gruppenkursen

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------------------------------------|-------------------------------------|----------------------------------|----------------------------|----------------------------------|-------------------------------|------------------------|
| 10:00 - 11:00 Bodystyling | 10:00 - 11:00 Präventionssport | 07:00 - 08:00 Yoga Hatha Flow | | 09:30 - 10:00 Bauchfit | 11:15 - 12:15 Iron Workout | 10:30 - 11:30 Zumba |
| 11:00 - 12:00 Senioren-sport | 11:00 - 11:30 Stretch & Relax | 08:00 - 08:30 Meditation | | 10:00 - 11:00 Rückenfit | 12:15 - 13:15 Thai Bo | 11:30 - 12:30 Yoga |
| 17:30 - 18:00 Rückenfit | 17:30 - 18:00 Bauchkiller | 17:00 - 18:00 Indoorcycling | 18:00 - 19:00 Rückenfit | 17:30 - 18:00 Bauchkiller | | |
| 18:00 - 19:00 Langhanteltraining | 18:00 - 19:00 Bodystyling | 18:00 - 19:00 Indoorcycling | 19:30 - 21:00 Boxen | 18:00 - 19:00 Faszientraining | | |
| 18:45 - 19:45 Indoorcycling | 19:00 - 19:30 Stretch & Mobility | 18:30 - 19:30 Bodystyling | | 18:00 - 19:00 Indoorcycling | | |
| 19:00 - 20:00 Pilates | 19:30 - 20:30 Zumba | 19:30 - 20:30 Iron Workout | | 19:00 - 20:00 Hatha Yoga | | |
| 20:00 - 20:30 Rückenfit | | | | | | |