



KURSPLAN



PHYSIO-FIT



GRUPPE-AKTIV



FIGUR-FIT



ANTI-STRESS

GÜLTIG AB DEM 04.02.2025

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
07:30 – 08:15 ● RückenFit	06:30 – 07:15 ● Cycling			06:30 – 07:00 ● Aerosling®	
08:15 – 09:00 ★ ● Cycling	07:20 – 07:40 ● Bauch extrem			07:00 – 08:00 ● Bodyforming	
09:00 – 09:45 ★ ● In-Shape		08:30 – 09:00 ● Bauch, Beine, Po			10:30 – 11:30 ● Easy Step für Anfänger laut dem Aushang
	09:30 – 10:00 ● Bauch, Beine, Po	09:00 – 10:00 ● Pilates		09:00 – 09:30 ● Bauch, Beine, Po	
	10:00 – 10:45 ● Bodyforming			09:30 – 10:30 ● RückenFit	
			Damensauna 15:00 – 21:30 Uhr		
17:30 – 18:00 ● Bauch, Beine, Po	17:30 – 18:00 ★ ● Bauch, Beine, Po	17:30 – 17:50 ● Stretching	17:30 – 18:15 ★ ● Cycling	17:30 – 18:30 ● Pilates	09:30 – 10:00 ● Aerosling®
18:00 – 19:00 ● Yoga	18:00 – 18:45 ★ ● Power Dumbbell	17:50 – 18:20 ● Bauch Beine Po	18:30 – 19:00 ★ ● Bauch Beine Po	18:30 – 19:00 ★ ● Fat Burn Workout	10:00 – 10:20 ● Stretching
19:15 – 20:00 ★ ● In-Shape	19:00 – 19:45 ★ ● Zumba®	18:30 – 19:15 ● Bodyforming	19:00 – 19:45 ★ ● Rückenfit	19:00 – 19:45 ★ ● Cycling	10:30 – 11:00 ● HIIT Bauch, Beine, Po
	19:45 – 20:30 ★ ● Cycling	19:30 – 20:30 ● Yoga			11:00 – 12:00 ● Bodyforming

★ Kurs oder Zeitänderung