

KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:15-10:15 G1 Rücken Fit	9:00-10:15 G2 Yoga	9:00-10:15 G1 Yin Yoga Flow	09:15-10:15 G1 Langhantel	9:00-09:45 G1 Orthopädie		
10:30-11:30 G1 Best Age	10:30-11:15 G1 Bodytoning	10:15-11:15 G1 Bodytoning	10:15-11:15 G1 Rücken Fit	9:45-10:30 G1 Best Age		
	11:15-12:00 G1 Stretch & Relax			10:30-11:15 G2 Fazien Fit & Five		
				10:30-11:15 G1 Zumba®		
18:00-19:00 G1 Langhantel		18:00-19:00 G1 Zumba®	18:00-19:00 G1 Functional Circuit	17:45-18:45 G2 Functional Motion		
19:00-20:00 G1 Zumba®	18:00-19:30 G1 Yoga	18:00-19:00 G2 Bodytoning		18:00-19:00 G1 Langhantel		
19:00-20:00 G2 Fit Fight	19:30-20:30 G1 Step	19:00-20:00 G1 Rücken Fit		19:00-20:00 G1 Fit Fight		
						UNSERE RÄUME G1 Gym 1 G2 Gym 2

Stand: August 2025. Änderungen vorbehalten.