

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
Wirbelsäulen Gym. 09:15h – 10:00h Raum 1	Step-Aerobic 09:15h – 10:00h Raum 1	Wirbelsäulen Gym. 09:15h – 10:00h Raum 1	Langhantel 09:00h – 10:00h Raum 1	Wirbelsäulen Gym. 09:15h – 10:00h Raum 1		
Kundalini Yoga 09:15h– 10:45h Raum 2	Body Workout 10:15h– 11:00h Raum 1	Indoor Cycling 09:15h– 10:00h Raum 2	Longevity 10:15h– 11:00h Raum 1	Pilates 10:15h– 11:00h Raum 1		Sonntags Joker 10:15h– 11:00h Raum 1
Indoor Walking 09:15h– 10:00h Raum 3		Body Workout 10:15h– 11:00h Raum 1	Indoor Walking 10:15h– 11:00h Raum 3	Body Workout 10:15h– 11:00h Raum 2	Booty Workout 12:45h– 13:05h Raum 1	Indoor Cycling 11:15h– 12:00h Raum 2
Wirbelsäulen Gym. 10:15h – 11:00h Raum 1				50+ 11:15h– 12:00h Raum 2	Body Workout 13:15h– 14:00h Raum 1	
Indoor Walking 10:15h– 10:45h Raum 3	Hatha Yoga 16:15h– 17:45h Raum 2		Langhantel 17:15h – 18:00h Raum 1			
	Body Workout 17:15h– 18:00h Raum 1					
Vanyasa Yoga 17:00h– 18:00h Raum 2	Aerobic 18:15h– 19:00h Raum 1		Step-Aerobic 18:15h– 19:00h Raum 1			
Body Workout 17:15h– 18:00h Raum 1	Bodyart 18:15h– 19:00h Raum 2		Rücken Fit 18:15h– 19:00h Raum 2			
Step-Aerobic 18:15h– 19:00h Raum 1	Indoor Walking 18:15h– 19:00h Raum 3	Body Workout 17:15h– 18:00h Raum 1	Indoor Walking 18:15h– 19:00h Raum 3			
Indoor Cycling 18:15h– 19:00h Raum 2	Functional Training 19:15h– 20:15h Raum 1	Step-Aerobic 18:15h– 19:00h Raum 1	Kundalini Yoga 19:15h– 20:45h Raum 2	Indoor Cycling 18:15h– 19:00h Raum 2		
Fighting Fit 19:15h– 20:15h Raum 1	Pilates 19:15h– 20:15h Raum 2	Zumba 19:15h– 20:00h Raum 1	Functional Training 19:15h– 20:15h Raum 1			

	für Einsteiger geeignet
	Fortgeschrittene
	Expertenkurs

Kursplan

GÜLTIG AB
01.01.2026



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