

**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

Hatha Yoga  
16:15h– 17:45h  
Raum 2

50+  
11:15h– 12:00h  
Raum 2

Body Workout  
13:15h– 14:00h  
Raum 1

Indoor Walking  
10:15h– 10:45h  
Raum 3

Body Workout  
17:15h– 18:00h  
Raum 1

Langhantel  
17:00h – 18:00h  
Raum 1

# Kursplan

Vanyasa Yoga  
17:00h– 18:00h  
Raum 2

Aerobic  
18:15h– 19:00h  
Raum 1

Step-Aerobic  
18:15h– 19:00h  
Raum 1

**GÜLTIG AB  
20.04.2026**

Body Workout  
17:15h– 18:00h  
Raum 1

Bodyart  
18:15h– 19:00h  
Raum 2

Body Workout  
17:15h– 18:00h  
Raum 1

Rücken Fit  
18:15h– 19:00h  
Raum 2

- für Einsteiger geeignet
- Fortgeschrittene
- Expertenkurs

Step-Aerobic  
18:15h– 19:00h  
Raum 1

Indoor Walking  
18:15h– 19:00h  
Raum 3

Step-Aerobic  
18:15h– 19:00h  
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

Zumba  
19:15h– 20:00h  
Raum 1

Kundalini Yoga  
19:15h– 20:45h  
Raum 2

Tai Chi / Qi Gong  
17:15h– 18:00h  
Raum 2

Fighting Fit  
19:15h– 20:15h  
Raum 1

Pilates  
19:15h– 20:15h  
Raum 2

Yogilates/Black Roll  
19:15h– 20:00h  
Raum 2

Functional Training  
19:15h– 20:15h  
Raum 1

Indoor Cycling  
18:15h– 19:00h  
Raum 2

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