

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

Tai Chi / Qi Gong
10:15h– 11:00h
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

Hatha Yoga
16:15h– 17:45h
Raum 2

Tai Chi / Qi Gong
16:15h– 17:00h
Raum 2

Langhantel
17:00h – 18:00h
Raum 1

Vanyasa Yoga
17:00h– 18:00h
Raum 2

Aerobic
18:15h– 19:00h
Raum 1

Body Workout
17:15h– 18:00h
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

Indoor Walking
18:15h– 19:00h
Raum 3

Rücken Fit
18:15h– 19:00h
Raum 2

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

Medical Fitness
17:15h– 18:00h
Raum 1

Fighting Fit
19:15h– 20:15h
Raum 1

Pilates
19:15h– 20:15h
Raum 2

Yoga
19:15h– 20:00h
Raum 2

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

Indoor Cycling
18:15h– 19:00h
Raum 2

Kursplan

**GÜLTIG AB
01.06.2026**

- für Einsteiger geeignet
- Fortgeschrittene
- Expertenkurs



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