

# RAUM I - AB 16. SEPTEMBER 2024

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonn- u. Feiertag
08:00							
08:30	<b>Yoga</b> 8:15 - 9:00   Rita						
09:00		<b>Yoga</b> 9:00 - 09:45   Margot	<b>Iron Total Body</b> 09:00 - 10:00   Mirjam		<b>Pilates</b> 08:30 - 09:15   Steffi		
09:30	<b>Wirbelsäule</b> 9:15 - 10:00   Lena			<b>Wirbelsäule + Stretch</b> 09:15 - 10:00   Margot	<b>Bodystyling</b> 09:30 - 10:15   Steffi	<b>Bodystyling</b> 09:15 - 10:00   Mine	<b>Bauch</b> 09:15 - 09:45   Sylvia
10:00		<b>Zumba</b> 10:00 - 11:00   Margot					<b>Bodystyling</b> 10:00 - 10:45   Sylvia
10:30	<b>Pilates</b> 10:15 - 11:00   Anja			<b>Aroha</b> 10:15 - 11:00   Margot	<b>Step I</b> 10:30 - 11:15   Margot	<b>Functional Workout</b> 10:15 - 11:00   Mine	
11:00							<b>Step I</b> 11:00 - 11:45   Sylvia
11:30							
16:00					<b>Easy Step</b> 16:00 - 16:45   Sylvia		
16:30			<b>Pilates</b> 16:30 - 17:15   Sylvia			<b>Wirbelsäule</b> 16:15 - 17:00   Steffi	
17:00	<b>Bodystyling</b> 17:00 - 17:45   Fabienne			<b>LesMills Bodycombat</b> 17:00 - 17:45   Mine	<b>Yoga</b> 17:00 - 17:45   Sylvia		
17:30		<b>Wirbelsäule</b> 17:15 - 18:00   Fabienne	<b>Bauch</b> 17:30 - 18:00   Gabi			<b>Bodystyling</b> 17:15 - 18:00   Steffi	
18:00	<b>Bauch</b> 18:00 - 18:30   Fabienne			<b>Bodystyling</b> 18:00 - 18:45   Steffi	<b>Bodystyling</b> 18:00 - 18:45   Sylvia		
18:30		<b>Functional Workout</b> 18:15 - 19:00   Fabienne	<b>Bodystyling</b> 18:15 - 19:00   Gabi				
19:00	<b>Iron Total Body</b> 19:00 - 20:00   Katharina			<b>Iron Total Body</b> 19:00 - 20:00   Marcel	<b>Zumba</b> 19:00 - 19:45   Sylvia		
19:30		<b>Pilates</b> 19:15 - 20:15   Steffi	<b>Iron Total Body</b> 19:15 - 20:15   Nadja				
20:00							
20:30							
21:00							
21:30							



# RAUM II - AB 16. SEPTEMBER 2024

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonn- u. Feiertag
08:00							
08:30							
09:00	<b>Functional Workout</b> 09:00 - 9:45   Bianca	<b>Wirbelsäule</b> 09:00 - 9:45   Bianca		<b>Yoga</b> 9:00 - 10:00   Heidi			<b>Bodystyling</b> 9:15 - 10:00   Fabienne
09:30			<b>Wirbelsäule</b> 09:15 - 10:00   Rita				
10:00	<b>Bodystyling</b> 10:00 - 10:45   Bianca						
10:30			<b>Zumba</b> 10:15 - 11:15   Iracema				<b>Yoga</b> 10:15 - 11:15   Anja
11:00							
11:30							
16:00							
16:30							
17:00		<b>Step I</b> 17:00 - 17:45   Evi			<b>Faszientraining</b> 17:00 - 17:45   Bianca		
17:30			<b>Easy Step</b> 17:30 - 18:15   Sylvia				
18:00	<b>LesMills Bodycombat</b> 18:00 - 18:45   Katharina	<b>Happy Dance</b> 18:00 - 19:00   Laila		<b>Bauch</b> 18:15 - 18:45   Rita	<b>Deep Work</b> 18:00 - 19:00   Evi		
18:30							
19:00	<b>Yoga</b> 19:00 - 20:00   Corinna		<b>Wirbelsäule</b> 19:15 - 20:00   Gabi	<b>Yoga</b> 19:00 - 20:00   Rita			
19:30							
20:00							
20:30							
21:00							
21:30							





# INDOOR CYCLING AREA - AB 16. SEPTEMBER 2024

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonn- u. Feiertag
08:00							
08:30							
09:00	<b>Indoor Cycling</b> 09:00 - 09:45   Matthias	<b>Hill Climbing</b> 9:00 - 10:00   Mirjam		<b>Indoor Cycling</b> 9:00 - 10:00   Julia			<b>Indoor Cycling</b> 9:15 - 10:00   Mane
09:30					<b>Indoor Cycling</b> 9:30 - 10:15   Claudia E.		
10:00							
10:30			<b>Indoor Cycling</b> 10:15 - 11:15   Mirjam				<b>Indoor Cycling</b> 10:15 - 11:15   Fabienne
11:00							
11:30							
16:00							
16:30						<b>Indoor Cycling</b> 16:15 - 17:00   Klaus	
17:00							
17:30						<b>Hill Climbing</b> 17:15 - 18:00   Klaus	
18:00	<b>Indoor Cycling</b> 18:00 - 19:00   Nicole	<b>Indoor Cycling</b> 18:00 - 19:00   Evi	<b>Hill Climbing</b> 18:00 - 19:00   Andre				
18:30					<b>Indoor Cycling</b> 18:30 - 19:30 Nora / Lili / Jürgen		
19:00	<b>Indoor Cycling</b> 19:15 - 20:00   Nicole	<b>Indoor Cycling</b> 19:15 - 20:00   Claudia D.	<b>Indoor Cycling</b> 19:15 - 20:00   Andre	<b>Indoor Cycling</b> 19:00 - 20:00   Conny			
19:30							
20:00							
20:30							
21:00							
21:30							

**Indoor Cycling:** Beinhaltet alles was Indoor Cycling zu bieten hat.  
**Hill Climbing:** Fokus auf niedrige Trittfrequenz und hohem Widerstand.

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