

RAUM I - AB 15. JUNI 2026

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

RAUM II - AB 14. SEPTEMBER 2026

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonn- u. Feiertag
08:00							
08:30							
09:00	Functional Workout 09:00 - 9:45 Bianca	Wirbelsäule 09:00 - 9:45 Nicole		Yoga 9:00 - 10:00 Heidi			Bodystyling 9:15 - 10:00 Fabienne
09:30			Wirbelsäule 09:15 - 10:00 Rita				
10:00	Bodystyling 10:00 - 10:45 Steffi	Bodystyling 10:00 - 10:45 Nicole					
10:30							Yoga 10:15 - 11:15 Anja
11:00							
11:30							
16:00							
16:30							
17:00		Yoga 17:00 - 18:00 Bine					
17:30			Bauch 17:30 - 18:00 Gabi				
18:00	Pilates 18:00 - 18:45 Bine			Bauch 18:15 - 18:45 Rita			
18:30		Happy Dance 18:15 - 19:15 Laila	Wirbelsäule 18:15 - 19:00 Evi				
19:00	Yoga 19:00 - 20:00 Corinna			Yoga 19:00 - 20:00 Rita			
19:30			Yoga 19:15 - 20:15 Sarah				
20:00							
20:30							
21:00							
21:30							

INDOOR CYCLING AREA - AB 14. SEPTEMBER 2026

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonn- u. Feiertag
08:00							
08:30							
09:00	Indoor Cycling 9:00 - 9:45 Matthias	Hill Climbing 8:45 - 9:45 Jürgen		Indoor Cycling 9:00 - 10:00 Julia			Indoor Cycling 9:15 - 10:00 Mane
09:30					Indoor Cycling 9:30 - 10:15 Claudia E.		
10:00							
10:30			Indoor Cycling 10:15 - 11:00 Claudia E.				Indoor Cycling 10:15 - 11:15 Fabienne
11:00							
11:30							
16:00						Indoor Cycling 16:00 - 17:00 Nicole H.	
16:30							
17:00	Indoor Cycling 17:00 - 17:45 Klaus					Indoor Cycling 17:15 - 18:00 Nicole H.	
17:30			Indoor Cycling 17:30 - 18:30 Silke				
18:00	Indoor Cycling 18:00 - 18:45 Klaus	Indoor Cycling 18:00 - 19:00 Nicole F.			Hill Climbing 18:00 - 19:00 Robert		
18:30							
19:00		Indoor Cycling 19:15 - 20:00 Claudia D.		Indoor Cycling 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.						Hol dir die FIT PLUS App mit aktuellen Kursplänen und vielem mehr

