



KURSPLAN

GÜLTIG AB DEM 17.11.2025



PHYSIO-FIT



GRUPPE-AKTIV



FIGUR-FIT



ANTI-STRESS

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08:00 – 08:45 ★ ● RückenFit	06:30 – 07:15 ● Cycling			06:30 – 07:00 ● Aerosling®	
08:45 – 09:30 ★ ● Cycling	07:20 – 07:40 ● Bauch extrem			07:00 – 08:00 ● Bodyforming	
09:40 – 10:00 ★ ● Bauch extrem		08:30 – 09:00 ● Bauch, Beine; Po			10:30 – 11:15 ★ ● Easy Step
	09:30 – 10:00 ● Bauch, Beine, Po	09:00 – 10:00 ● Pilates		9:00-9:30 ● Bauch, Beine, Po	
	10:00-10:45 ● Bodyforming	10:00 – 10:45 ★ ● FaszienVital		9:30-10:30 ● Rückenfit	
			Damensauna 15:00 – 21:30 Uhr		Sonntag
17:30 – 18:00 ● Bauch, Beine, Po	17:30-18:00 ● Bauch, Beine, Po	17:30-17:50 ● Stretching	17:30 – 18:15 ● Cycling	17:30 – 18:15 ★ ● Pilates	9:30 – 10:00 ● Aerosling®
18:00 – 19:00 ● Yoga	18:00-18:45 ● Power Dumbell	17:50-18:20 ● Bauch ,Beine ,Po	18:30-19:00 ● Bauch, Beine ,Po	18:30-19:15 ★ ● Power Dumbell	10:00 – 10:20 ● Stretching
19:15-20:00 ★ ● In-Shape	19:00 – 19:45 ★ ● Cycling	18:30-19:15 ● Bodyforming	19:00-19:45 ● RückenFit	19:15 – 20:00 ★ ● Cycling	10:30 – 11:00 ● HIIT Bauch, Beine, Po
		19:30 – 20:30 ● Yoga			11:00 – 12:00 ● Bodyforming

★ Kurs oder Zeitänderung