

## MONTAG

10:00 11:00	RückenFit	R1
15:30 16:15	Pilates	R1
16:20 17:20	Body & Mind	R1
17:45 18:00	Bauch pur	R1
18:00 19:00	Go Functional	FI
18:00 18:45	Body Forming	R1
19:00 20:00	LesMills BODYCOMBAT	R1
20:15 21:00	Jumping Fitness	R1

## DIENSTAG

09:30 10:15	Pilates	R1
10:30 11:15	Stretch & Entspannung	R1
17:00 17:45	LesMills <sup>(1)</sup> BODYPUMP School	R1
18:00 19:00	LesMills BODYPUMP	R1
19:00 20:00	Go Functional	FI
19:15 20:00	Pilates	R1
20:05 20:50	Faszientraining	R1

<sup>(1)</sup> = jeden 1. Dienstag im Monat

## MITTWOCH

09:30 10:15	Fitness Yoga	R1
10:30 11:30	Go Functional Gold	FI
17:15 18:00	LesMills BODYCOMBAT	R1
18:15 19:00	RückenFit	R1
19:05 20:05	Power Fit Yoga	R1

## DONNERSTAG

10:00 11:00	ZUMBA®	R1
17:15 18:15	Yoga	R1
18:30 19:30	ZUMBA®	R1
19:45 20:45	LesMills BODYPUMP	R1

## FREITAG

09:00 09:45	Body Forming	R1
16:00 17:00	Go Functional	FI
16:20 17:20	LesMills BODYPUMP	R1
17:45 18:30	Jumping Fitness	R1

## SAMSTAG

14:00 15:00	ZUMBA®	R1
----------------	--------	----

## SONNTAG

10:15 11:15	Step	R1
11:30 12:30	Body Forming	R1
12:45 13:45	LesMills BODYPUMP	R1
14:00 15:00	LesMills BODYCOMBAT	R1

# SPINNING

## MONTAG

18:00 19:00	Spinning®	SP
19:15 20:15	Spinning®	SP

## DIENSTAG

19:15 20:15	Spinning®	SP
----------------	-----------	----

## MITTWOCH

18:00 19:00	Spinning®	SP
----------------	-----------	----

## DONNERSTAG

18:15 19:15	Spinning®	SP
----------------	-----------	----

## FREITAG

10:00 11:00	Spinning® <sup>(2)</sup>	SP
17:45 18:45	Spinning® <sup>(2)</sup>	SP

<sup>(2)</sup> = jeden letzten Freitag im Monat 90 Min.

R1 = Raum 1 | SP = Spinningraum | FI = Functionalfäche

*Notizen au wuch!*  
DU MÖCHTEST EINEN  
KURS BUCHEN?  
Melde dich gerne direkt  
über die APP an!