

# KURSPLAN DITZINGEN

gültig ab 06.10.2025

**POINT**  
sports.wellness.club

| MONTAG                                                         | DIENSTAG                                                                           | MITTWOCH                                                                                               | DONNERSTAG                                                      | FREITAG                                                                                                |
|----------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 09:00 – 09:50<br>Wirbelsäule                                   |                                                                                    | 09:00 – 09:50<br>BBP                                                                                   |                                                                 | 09:00 – 10:00<br>Pilates                                                                               |
| 10:00 – 10:50<br><small>LES MILLS</small><br><b>PILATES</b>    |  |                                                                                                        |                                                                 | 10:05 – 11:05<br>Hatha Yoga                                                                            |
|                                                                |                                                                                    |                                                                                                        |                                                                 |                                                                                                        |
|                                                                |                                                                                    |                                                                                                        |                                                                 |                                                                                                        |
| 18:00 – 19:00<br><small>LES MILLS</small><br><b>BODYCOMBAT</b> | 18:00 – 19:00<br>Vinyasa Yoga                                                      | 18:00 – 19:00<br><small>LES MILLS</small><br><b>BODYPUMP</b>                                           | 17:30 – 18:30<br><small>LES MILLS</small><br><b>BODYCOMBAT</b>  | 18:00 – 19:00<br> |
| 19:10 – 20:10<br><small>LES MILLS</small><br><b>BODYPUMP</b>   | 19:10 – 20:00<br>Pilates                                                           | 19:10 – 20:10<br> | 18:40 – 19:40<br><small>LES MILLS</small><br><b>BODYPUMP</b>    |                                                                                                        |
| 20:20 – 21:00<br>Strech & Flex                                 |                                                                                    |                                                                                                        | 19:50 – 20:50<br><small>LES MILLS</small><br><b>BODYBALANCE</b> |                                                                                                        |