

# KURSPLAN

gültig ab 01.07.2023

## Öffnungszeiten:

Mo – Fr: 06.00 – 24.00 Uhr  
Sa, So, Ft: 08.45 – 22.00 Uhr

## Kinderbetreuung:

Mo – Do: 09.00 – 12.00 Uhr  
Do: 17.30 – 20.30 Uhr  
Fr: 08.45 – 12.00 Uhr  
So + Ft: 09.30 – 13.00 Uhr



MONTAG				DIENSTAG				MITTWOCH				DONNERSTAG				FREITAG				SAMSTAG			SONNTAG																
Saal 1	Saal 2	Saal 3	Saal 4	Saal 1	Saal 2	Saal 3	Saal 4	Saal 1	Saal 2	Saal 3	Saal 4	Saal 1	Saal 2	Saal 3	Saal 4	Saal 1	Saal 2	Saal 3	Saal 4	Saal 1	Saal 2	Saal 3	Saal 1	Saal 2	Saal 3														
				07:00 – 07:50 Cycle																																			
								08:00 – 09:00 <b>LES MILLS BODYPUMP</b>								08:05 – 08:55 Jumping																							
				09:10 – 10:00 BBP				09:10 – 10:00 Wirbelsäule				09:15 – 10:30 Hatha Yoga				09:10 – 09:40 Power Walking				09:05 – 10:05 <b>LES MILLS BODYPUMP</b>				09:10 – 10:00 Pilates															
09:30 – 10:20 Fatburner				09:20 – 10:20 <b>LES MILLS BODYPUMP</b>				10:05 – 10:35 <b>LES MILLS CORE</b>				10:00 – 10:50 Bodyforming				10:15 – 11:15 <b>ZUMBA</b>				10:10 – 10:30 Bauchkiller			10:15 – 11:30 Cycle Long																
10:30 – 11:30 Pilates				10:30 – 11:20 Wirbelsäule				10:40 – 11:40 <b>LES MILLS BODYBALANCE</b>								10:35 – 11:50 Vinyasa Yoga				11:10 – 12:00 Bodyforming			10:15 – 11:30 Cycle Long																
								15:00 – 15:50 Wirbelsäule								15:00 – 15:50 Wirbelsäule																							
								17:00 – 17:50 Pilates								17:30 – 18:00 <b>LES MILLS CORE</b>				17:20 – 18:10 Pilates			16:30 – 17:00 <b>LES MILLS CORE</b>																
OUTDOOR ab 18:00 Nordic Walking				18.05 – 18.40 Functional Training (Area)				18:00 – 18:50 Bodyforming				18:00 – 18:50 Jumping				18:00 – 19:15 Cycle Long				18:05 – 19:05 <b>LES MILLS BODYPUMP</b>				18:05 – 19:00 <b>LES MILLS BODYATTACK</b>				18:10 – 19:10 Cycle				18:15 – 19:05 Strong Back				18.30 – 19.05 Functional Training (Area)			
18:00 – 19:00 <b>LES MILLS BODYPUMP</b>				18:15 – 19:05 Step 1-2 Fatburner				18:10 – 19:10 Cycle				18:00 – 19:00 Anti Gravity Yoga				17:30 – 18:30 <b>LES MILLS BODYPUMP</b>				18:00 – 18:55 <b>LES MILLS BODYATTACK</b>				18:20 – 19:20 Dance				18:20 – 19:10 Jumping				17:45 – 19:00 Cycle Long				18:00 – 19:00 Anti Gravity Yoga			
19:10 – 20:00 Wirbelsäule				19:15 – 19:45 <b>LES MILLS CORE</b>				19:20 – 19:50 Power Walking				19:15 – 20:15 Dance				18:40 – 19:30 Pilates				18:30 – 19:20 Jumping				18:45 – 19:35 Cycle				19:00 – 20:00 <b>LES MILLS BODYCOMBAT</b>				17:00 – 17:30 <b>LES MILLS CORE</b>							
20:10 – 21:10 Vinyasa Yoga								19:05 – 19:25 Bauchkiller				19:00 – 20:00 Step 2				19:05 – 20:05 Vinyasa Yoga				19:25 – 20:25 Stretch & Relax Yoga				19:25 – 20:25 <b>LES MILLS BODYPUMP</b>				17:40 – 18:40 <b>LES MILLS BODYBALANCE</b>											
								19:35 – 20:35 <b>LES MILLS BODYPUMP</b>								20:10 – 21:10 <b>ZUMBA</b>																							
7.00 – 22.00 Trainingsbetreuung				7.00 – 22.00 Trainingsbetreuung				7.00 – 22.00 Trainingsbetreuung				7.00 – 22.00 Trainingsbetreuung				7.00 – 22.00 Trainingsbetreuung				9.30 – 19.00 Trainingsbetreuung			9.30 – 19.00 Trainingsbetreuung																

Alle Kurse mit Voranmeldung.