

KURSPLAN

gültig ab 13.04.2026

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: 17.15 - 20.30 Uhr
Fr: 08.45 - 12.00 Uhr
So+Ft: 09.30 - 13.00 Uhr

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POINT-App
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POINT
sports.wellness.club

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 1	Saal 2	Saal 3								
08:20 - 09:10 Jumping Mix				07:00 - 07:50 Cycle				08:00 - 09:00 LES MILLS BODYPUMP HEAVY				07:50 - 08:50 Cycle				08:05 - 08:55 Jumping													
09:20 - 10:20 LES MILLS BODYPUMP Fatburner				09:10 - 10:00 BBP				09:10 - 10:00 Wirbelsäule				09:05 - 09:55 Bodyforming				09:05 - 10:05 LES MILLS BODYPUMP Pilates							09:00 - 10:00 Vinyasa Yoga						
10:30 - 11:30 Pilates				10:10 - 11:00 Step 2				10:10 - 10:40 LES MILLS CORE				10:05 - 10:55 Fit & Aktiv				10:15 - 11:15 ZUMBA Bauchkiller				10:00 - 10:50 Jumping			10:15 - 11:30 Cycle Long						
10:30 - 11:20 Wirbelsäule				10:10 - 11:10 Vinyasa Yoga				10:45 - 11:45 LES MILLS BODYBALANCE								10:35 - 11:50 Vinyasa Yoga							10:10 - 11:00 Cardio Mix						
17:00 - 17:50 LES MILLS Shapes				17:30 - 18:30 LES MILLS BODYPUMP Bodyforming				15:00 - 15:50 Wirbelsäule				17:00 - 17:50 Pilates				17:05 - 17:55 LES MILLS Shapes				17:10 - 17:55 Functional Training (Area)				16:30 - 17:00 LES MILLS CORE					
OUTDOOR ab 18:00 Nordic Walking				17:40 - 18:30 Bodyforming				17:00 - 17:50 Pilates				16:45 - 17:45 Aerial Yoga				17:30 - 18:00 LES MILLS CORE								16:30 - 17:30 LES MILLS BODYPUMP					
18.10 - 18.55 Functional Training (Area)				18:40 - 19:35 LES MILLS BODYATTACK				18.10 - 18.55 Functional Training (Area)				18.10 - 18.55 Functional Training (Area)				18.10 - 18.55 Functional Training (Area)								17:40 - 18:10 LES MILLS CORE					
18:00 - 19:00 LES MILLS BODYPUMP				18:40 - 19:30 Jumping				18:00 - 18:50 Bodyforming				18:00 - 18:50 Jumping				18:05 - 19:05 LES MILLS BODYPUMP				18:20 - 19:20 Pilates				17:05 - 18:05 LES MILLS BODYCOMBAT			17:40 - 18:10 LES MILLS CORE		
18:15 - 19:05 Step 1-2 Fatburner				18:40 - 19:30 Cycle				18:00 - 19:15 Cycle Long				18:00 - 19:15 Cycle Long				18:10 - 19:05 LES MILLS BODYATTACK				18:20 - 19:10 Jumping				17:40 - 18:10 LES MILLS CORE			18:15 - 19:15 LES MILLS BODYBALANCE		
18:00 - 19:00 Aerial Yoga				18:45 - 19:35 Cycle				17:55 - 18:55 LES MILLS BODYBALANCE				18:00 - 19:10 Cycle				17:45 - 19:00 Cycle Long				18:20 - 19:10 Jumping			17:40 - 18:10 LES MILLS CORE			18:15 - 19:15 LES MILLS BODYBALANCE			
19:10 - 20:00 Wirbelsäule				19.10 - 19.55 Functional Training (Area)												19:15 - 20:05 BBP				19:25 - 20:25 LES MILLS BODYPUMP HEAVY				19:00 - 20:15 Stretch & Relax Yoga					
19:15 - 19:45 LES MILLS CORE				19:20 - 19:50 Power Walking				19:05 - 19:25 Bauchkiller				19:00 - 20:00 Step 2				19:15 - 20:15 LES MILLS BODYCOMBAT													
20:10 - 21:10 Vinyasa Yoga				19:40 - 20:40 LES MILLS BODYCOMBAT				19:35 - 20:35 LES MILLS BODYPUMP				19:15 - 20:15 LES MILLS BODYCOMBAT																	
				19:45 - 20:35 Cycle								19:15 - 20:15 LES MILLS BODYCOMBAT																	
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				7.00 - 22.00 Trainingsbetreuung				9.30 - 19.00 Trainingsbetreuung			9.30 - 19.00 Trainingsbetreuung		

Alle Kurse mit Voranmeldung.