

KURSPLAN

gültig ab 06.07.2026

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

Jetzt
POINT-App
downloaden für
alle Kursinfos!



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				
							07:00 - 07:50 Cycle																		
	08:20 - 09:10 Jumping Mix																								
09:20 - 10:20 LES MILLS BODYPUMP	09:20 - 10:20 Fatburner			09:10 - 10:00 BBP				09:10 - 10:00 Wirbelsäule	09:15 - 10:30 Hatha Yoga	09:10 - 09:40 Power Walking		09:05 - 09:55 Bodyforming			09:05 - 10:05 LES MILLS BODYPUMP	09:10 - 10:00 Pilates					09:00 - 10:00 Vinyasa Yoga				
10:30 - 11:30 Pilates	10:30 - 11:20 Wirbelsäule			10:10 - 11:00 Step 2	10:10 - 11:10 Vinyasa Yoga			10:10 - 10:40 LES MILLS CORE				10:05 - 10:55 Fit & Aktiv			10:10 - 10:30 Bauchkiller	10:10 - 10:30 Bauchkiller			10:00 - 10:50 Jumping	10:15 - 11:30 Cycle Long	10:10 - 11:00 Cardio Mix	10:15 - 11:30 Cycle Long			
								10:45 - 11:45 LES MILLS BODYBALANCE							10:40 - 11:40 ZUMBA	10:35 - 11:50 Vinyasa Yoga						11:10 - 12:00 Bodyforming			
								15:00 - 15:50 Wirbelsäule																	
17:00 - 17:50 LES MILLS SHAPES													17:05 - 17:55 LES MILLS SHAPES	17:30 - 18:00 LES MILLS CORE								16:30 - 17:00 LES MILLS CORE			
18:10 - 18:55 HYROX Foundation (HYROX Area)																									
18:00 - 19:00 LES MILLS BODYPUMP	18:15 - 19:05 Step 1-2 Fatburner	18:10 - 19:10 Cycle	18:00 - 19:00 Aerial Yoga	18:40 - 19:35 LES MILLS BODYATTACK	18:40 - 19:30 Jumping	18:45 - 19:35 Cycle	18:40 - 19:30 Pilates	18:00 - 18:50 Bodyforming	18:00 - 18:50 Jumping	18:00 - 19:15 Cycle Long	18:10 - 19:10 LES MILLS BODYBALANCE	18:05 - 19:05 LES MILLS BODYPUMP	18:10 - 19:05 LES MILLS BODYATTACK	18:10 - 19:10 Cycle	18:10 - 19:10 Aerial Yoga	18:20 - 19:20 Pilates	18:20 - 19:10 Jumping	17:45 - 19:00 Cycle Long				17:05 - 18:05 LES MILLS BODYCOMBAT			
19:10 - 20:00 Wirbelsäule	19:15 - 19:45 LES MILLS CORE	19:20 - 19:50 Power Walking	19:15 - 20:15 Dance	19:10 - 19:55 HYROX Foundation (HYROX Area)				19:05 - 19:25 Bauchkiller	19:00 - 20:00 Step 2			19:15 - 20:05 BBP	19:15 - 20:15 LES MILLS BODYCOMBAT									17:40 - 18:10 LES MILLS CORE			
20:10 - 21:10 Vinyasa Yoga				19:40 - 20:40 LES MILLS BODYCOMBAT	19:40 - 20:40 ZUMBA		19:35 - 20:35 LES MILLS BODYBALANCE	19:35 - 20:35 LES MILLS BODYPUMP				20:15 - 21:15 ZUMBA										18:15 - 19:15 LES MILLS BODYBALANCE			
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.