KURSPLAN

gültig ab 05.10.2026

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!

POINT sports.wellness.club

MONTAG

Saal 1	Saal 2	Saal 3	Saal 4
	08:20 - 09:10 Jumping Mix		
09:20 - 10:20 LesMills BODYPUMP	09:20 - 10:20 Fatburner		
10:30 - 11:30 Pilates	10:30 - 11:20 Wirbelsäule		
17:00 - 17:50 LesMills Shapes			
18.10 - 18.55 HYROX Foundation (HYROX Area)			
18:00 - 19:00 LesMills BODYPUMP	18:15 - 19:05 Step 1-2 Fatburner	18:10 - 19:10 Cycle	18:00 - 19:00 Aerial Yoga
19:10 - 20:00 Wirbelsäule	19:15 - 19:45 LesMills CORE	19:20 - 19:50 Power Walking	19:15 - 20:05 LesMills DANCE
20:10 - 21:10 Vinyasa Yoga			

7.30 - 21.30 Trainingsbetreuung

DIENSTAG

Saal 1	Saal 2	Saal 3	Saal 4
		07:00 - 07:50 Cycle	
09:10 - 10:00 BBP			
10:10 - 11:00 Step 2	10:10 - 11:10 Vinyasa Yoga		
17:30 - 18:30 LesMills BODYPUMP	17:40 - 18:30 Bodyforming		
18:40 - 19:35 LesMills BODYATTACK	18:40 - 19:30 Jumping	18:45 - 19:35 Cycle	18:40 - 19:30 Pilates
19.10 - 19.55 HYROX Foundation (HYROX Area)			
19:40 - 20:40 LesMills BODYCOMBAT	19:40 - 20:40 ZUMBA	19:45 - 20:35 Cycle	19:35 - 20:35 LesMills BODYBALANCE

7.30 - 21.30 Trainingsbetreuung

MITTWOCH

Saal 1	Saal 2	Saal 3	Saal 4
08:00 - 09:00 LesMills BODYPUMP HEAVY			
09:10 - 10:00 Wirbelsäule	09:15 - 10:30 Hatha Yoga	09:10 - 09:40 Power Walking	
10:10 - 10:40 LesMills Shapes Express			
10:45 - 11:45 LesMills BODYBALANCE			
15:00 - 15:50 Wirbelsäule			
17:00 - 17:50 Pilates			17:00 - 18:00 Aerial Yoga
18.10 - 18.55 HYROX Foundation (HYROX Area)			
18:00 - 18:50 Bodyforming	18:00 - 18:50 Jumping	18:00 - 19:15 Cycle Long	18:10 - 19:10 LesMills BODYBALANCE
19:05 - 19:25 Bauchkiller	19:00 - 20:00 Step 2		
19:35 - 20:35 LesMills BODYPUMP			

7.30 - 21.30 Trainingsbetreuung

DONNERSTAG

Saal 1	Saal 2	Saal 3	Saal 4
		07:50 - 08:50 Cycle	
09:05 - 09:55 Bodyforming			
10:05 - 10:55 Fit & Aktiv			
17:05 - 17:55 LesMills Shapes	17:30 - 18:00 LesMills CORE		
18.10 - 18.55 HYROX Foundation (HYROX Area)			
18:05 - 19:05 LesMills BODYPUMP	18:10 - 19:05 LesMills BODYATTACK	18:10 - 19:10 Cycle	18:10 - 19:10 Aerial Yoga
19:15 - 20:05 BBP	19:15 - 20:15 LesMills BODYCOMBAT		
20:15 - 21:15 ZUMBA			

7.30 - 21.30 Trainingsbetreuung

FREITAG

Saal 1	Saal 2	Saal 3	Saal 4
	08:05 - 08:55 Jumping		
09:05 - 10:05 LesMills BODYPUMP	09:10 - 10:00 Pilates		
	10:10 - 10:30 Bauchkiller		
10:40 - 11:40 ZUMBA	10:35 - 11:50 Vinyasa Yoga		
15:00 - 15:50 Wirbelsäule			
17.10 - 17.55 HYROX Foundation (HYROX Area)			
18:00 - 18:50 Pilates	18:00 - 18:50 Jumping	18:00 - 18:50 Cycle	
19:00 - 20:00 LesMills BODYPUMP HEAVY			19:00 - 20:15 Stretch & Relax Yoga

7.30 - 21.30 Trainingsbetreuung

SAMSTAG

Saal 1	Saal 2	Saal 3
	10:00 - 10:50 Jumping	10:15 - 11:30 Cycle Long
16:30 - 17:00 LesMills CORE		
17:05 - 18:05 LesMills BODYCOMBAT		

9.30 - 19.00 Trainingsbetreuung

SONNTAG

Saal 1	Saal 2	Saal 3
09:00 - 10:00 Vinyasa Yoga		
10:10 - 11:00 Cardio Mix		10:15 - 11:30 Cycle Long
11:10 - 12:00 Bodyforming		
15:50 - 16:50 LesMills BODYPUMP		
17:00 - 17:30 LesMills CORE		
17:40 - 18:40 LesMills BODYBALANCE		

9.30 - 19.00 Trainingsbetreuung

Alle Kurse mit Voranmeldung.