

gültig ab 01.12.2024

ENJOY THE
FEELING

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 - 09:00 ^A Good Morning Yoga Kristina	07:15 - 08:00 ^A Cycling Elena	09:30 - 10:15 ^A Rücken Fit Anja	09:00 - 10:00 ^A Hatha Yoga Kristina	09:30 - 10:30 ^A Best Ager Linda	10:15 - 11:15 ^A Body Intensiv Nina	09:30 - 10:25 ^A Cycling Dieter/Valentina/Peter
09:00 - 10:00 ^A Power Yoga Kristina	09:00 - 10:00 ^A Body Complete Iris	10:15 - 11:00 ^A Stretch Relax Anja	10:00 - 11:00 ^A Tanzfit Kristina		11:15 - 12:00 ^A Stretch Nina	10:30 - 11:30 ^A Boxout Rick
10:00 - 11:00 ^A Faszien Kristina	10:00 - 10:30 ^A Body Stretch Iris					11:30 - 12:30 ^A Yoga Kristina
	16:30 - 17:30 ^A Yoga Eva	NEU 16:30 - 17:30 ^A Core Iris	17:30 - 18:30 ^A Body intensiv Iris	18:00 - 19:00 ^A Tanzfit Kristina		NEU 18:30 - 19:30 ^A Sleep Well Yoga Tanja
17:30 - 18:30 ^A Body Complete Julia	17:30 - 18:30 ^A Body Complete Nina	17:30 - 18:30 ^A Cycling Valentina	18:30 - 19:30 ^A Rücken+Stretch Iris	19:00 - 20:00 ^A Power Pilates Kristina		
NEU 18:30 - 19:30 ^A M.A.X Steffi	18:30 - 19:30 ^A Zumba Elvira	18:30 - 19:30 ^F Body Complete Iris	19:30 - 20:30 ^A Zumba Elvira	20:00 - 21:00 ^A Yin Yoga Kristina		
19:30 - 20:30 ^A Pilates Kristina	19:30 - 20:30 ^A Boxout Rick	NEU 19:30 - 20:30 ^A BBP + Stretch Iris				

ÖFFNUNGSZEITEN

Mo - Fr: 07:00 - 22:00 Uhr
Sa, So, Feiertage: 09:00 - 20:00 Uhr

LEVEL

- ^A Für Alle
- ^F Für Fortgeschrittene
- ^O Outdoor

An Feiertagen Kurse nach Aushang