

KURSPLAN

AB APRIL 2026

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------------------------------|----------------------------------------------------|------------------------------------|----------------------------------------|-----------------------------------|---------------------------------------|-------------------------------------|
| 09:00 - 10:00 Pilates Bettina | 09:00 - 10:00 Spinning Moni | 08:30 - 09:30 Body Pump Anna | | 08:30-09:30 Pilates Moni | 09:45- 10:45 Body Pump Team | Ab 19.April |
| | 10:10 - 11:10 Yoga Charlotte | 09:30 - 10:30 Zumba Kary | 10:00 - 11:00 Yoga Charlotte | 10:00 - 11:00 Spinning Moni | 11:00 - 12:00 Tai Chi Marco ✨ | 08:45- 09:45 Meditation Marco |
| | 16:30 - 17:30 Wu-Shu Marco ✨ | | 16:30 - 17:25 Wu-Shu Marco ✨ | | 13:00 - 14:00 Krav Maga Marco ✨ | Ersten & 3er Sonntag im Monat |
| 18:00 - 19:10 Thaiboxen Marco ✨ | 17:30 - 18:25 Wu-Shu Marco ✨ | | 17:30 - 18:25 Wu-Shu Marco ✨ | | | 11:15 - 12:15 Zumba Kary |
| S | 17:30 - 18:15 Fit in den Sommer Matteo & Til | | 18:30 - 19:25 Body Toning Mirjam | | | |
| 19:45 - 20:45 Zumba Kary | 18:20-19:20 Body Pump Rosi | 19:30 - 20:30 Yoga Sabrina | 19:30 - 20:30 Pilates Mirjam | | | |

✨ = Verfügbar als zusätzliches Upgrade.



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