

KURSPLAN

Januar 2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 - 10:00 Pilates Bettina	09:00 - 10:00 Spinning Moni	08:30 - 09:30 Toning Anna	08:30 - 09:30 Body Pump Jeannine	08:30 - 09:30 Pilates Moni	09:45 - 10:45 Body Pump Team	
	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 ✨	10:00 - 11:00 Spinning Team
	16:30 - 17:30 Wu-Shu Marco ✨	10:30 - 11:00 Rückenfit Eleni	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 ✨	17:15 - 17:45 Power 30 Barbara & Luca	17:30 - 18:25 Wu-Shu Marco ✨			11:15 - 12:15 Zumba Kary
18:30 - 19:30 Spinning Osi	18:20 - 19:20 Body Pump Rosi	18:00 - 19:00 Spinning Osi	18:30 - 19:25 Body Toning Mirjam			
19:45 - 20:45 Zumba Kary		19:30 - 20:30 Yoga Sabrina	19:30 - 20:30 Pilates Mirjam			

✨ = Verfügbar als zusätzliches Upgrade.



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