# SPORTPLANET KURSPLAN

GEMEINSAM FIT

Stand DEZEMBER 2025

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---|---|---|---|---|---|---|
| **WAKE UP**<br>Stephanie<br>08:30 - 09:30<br>F4 | **FASZIEN & BBP**<br>Nicole<br>09:15 - 10:45<br>F4 | **FIT IN DEN MORGEN**<br>Markus<br>09:15 - 10:15<br>F4 | **RÜCKENFIT**<br>Regina<br>08:15 - 09:15<br>F5 | **PILATES soft**<br>Nicole<br>08:30 - 09:30<br>F5 | **BODYART**<br>Jeannette<br>10:00 - 11:30<br>F2 | **JUMPING**<br>Kira<br>09:30 - 10:30<br>F5 |
| **TOTAL BODY INTENSE**<br>Regina<br>17:00 - 18:00<br>F5 | **ZUMBA easy**<br>Caterina<br>11:00 - 12:00<br>F4 | **FITMIX**<br>Mariella<br>17:00 - 18:00<br>F4 | **FIT IN DEN MORGEN**<br>Markus<br>09:15 - 10:15<br>F4 | **BODYFIT**<br>Mariella<br>09:30 - 10:30<br>F4 | **JUMPING**<br>Heike<br>10:00 - 11:00<br>F5 | **CBC-CYCLING**<br>René<br>09:45 - 10:45<br>F1 |
| **HULA POWER**<br>Eva<br>18:00 - 19:00<br>F5 | **TOTAL BODY CROSS X**<br>Sebastian<br>18:00 - 19:30<br>F4 | **JUMPING CIRCUIT**<br>Kerstin<br>18:00 - 19:00<br>F5 | **PILATES**<br>Christiane<br>17:00 - 18:00<br>F4 | **RÜCKEN YOGA**<br>Jeannette<br>16:00 - 17:15<br>F2 | **ZUMBA** *<br>Luis<br>11:00 - 12:00 zweiwöchig<br>F3 | **SUNDAY YOGA**<br>wechselnde Trainerinnen<br>10:30 - 11:30<br>F2 |
| **INTENSE YOGA**<br>Susana<br>18:00 - 19:30<br>F2 | **VINYASA YOGA**<br>Sandra Sk.<br>18:30 - 20:00<br>F2 | **CBC-CYCLING**<br>Katrina<br>18:00 - 19:00<br>F1 | **FATBURNER**<br>Sandra<br>18:00 - 19:00<br>F4 | **CROSS TRAINING**<br>Niko<br>17:00 - 18:00<br>F4 | **CHI YOGA**<br>Frank<br>16:00 - 17:30<br>F2 | **BAUCH BEINE PO**<br>Stephanie<br>10:30 - 12:00<br>F5 |
| **CBC-CYCLING**<br>Markus<br>18:00 - 19:00<br>F1 | **CBC-CYCLING**<br>Sandra<br>19:00 - 20:00<br>F1 | **HATHA YOGA FLOW**<br>Jessica K.<br>18:30 - 20:00<br>F2 | **SYNRGY 360**<br>Markus<br>19:00 - 20:00<br>KLZ | **RÜCKEN YOGA**<br>Jeannette<br>17:30 - 18:45<br>F2 | | **CBC-CYCLING**<br>René<br>11:00 - 12:00<br>F1 |
| **RÜCKEN & FASZIEN**<br>Christiane<br>18:00 - 19:00<br>F4 | **SYNRGY 360**<br>Eva<br>19:00 - 20:00<br>KLZ | **BODYWORKOUT**<br>Meik<br>19:00 - 20:00<br>F5 | **HOT IRON**<br>Sandra<br>19:00 - 20:00<br>F4 | **ZUMBA**<br>Luis<br>18:15 - 19:15<br>F4 | | |
| **TOTAL TABATA**<br>Eva / Markus<br>19:15 - 20:15<br>F5 | **JUMPING FUNCTIONAL**<br>Sebastian<br>19:30 - 20:30<br>F5 | **FUNCTIONAL TRX**<br>Markus<br>19:15 - 20:15<br>F4 | **CBC-CYCLING**<br>René<br>19:00 - 20:00<br>F1 | **JUMPING**<br>Kerstin<br>18:15 - 19:15<br>F5 | | |
| **CBC-CYCLING**<br>Meik<br>19:15 - 20:15<br>F1 | | | **VINYASA YOGA** *<br>Sandra Sk.<br>19:00 - 20:30 zweiwöchig<br>F2 | | | |
| | | | **JUMPING**<br>Sebastian<br>19:00 - 20:00<br>F5 | | | |

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Kein regelmäßiger Kurs
Termine in der App ersichtlich