

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
WAKE UP Jeannette 08:00 - 09:00 F5	FASZIENTRAINING Nicole 09:15 - 09:45 F5	FIT IN DEN MORGEN Kathi 09:00 - 10:00 F4	BEST AGE WORKOUT Regina 08:15 - 09:15 F5	PILATES Nicole 08:30 - 09:30 F5	HULA FITNESS Martina 09:00 - 10:00 F5	JUMPING Kira 09:30 - 10:30 F5
GOOD MORNING YOGA* Anette 09:45 - 11:15 <i>zweiwöchig</i> Dachterrasse / F2	BBP Nicole 09:45 - 10:45 F5	FITMIX Mariella 17:00 - 18:00 F4	RÜCKENFIT Regina 09:15 - 10:15 F5	CBC-CYCLING soft Mariella 08:30 - 09:30 F1	BODYART Jeannette 10:00 - 11:30 Dachterrasse / F2	CBC-CYCLING René 09:45 - 10:45 F1
RÜCKEN & FASZIEN Christiane 18:00 - 19:00 F4	ZUMBA easy Caterina 11:00 - 12:00 F5	JUMPING CIRCUIT Eva 17:30 - 19:00 F5	METCON Christiane 17:00 - 18:00 F4	BODYFIT Mariella 09:30 - 10:30 F4	JUMPING Heike 10:00 - 11:00 F5	FATBURNER* Sandra 10:00 - 11:00 <i>per Aushang</i> F4
HULA POWER Martina 18:00 - 19:00 F5	TOTAL BODY CROSSX Sebastian 18:00 - 19:30 F4	CBC-CYCLING Katrina 18:00 - 19:00 F1	FATBURNER Sandra 18:00 - 19:00 F4	RÜCKEN YOGA Jeannette 16:00 - 17:15 F2	ZUMBA Lusiana 10:00 - 11:00 F4	SUNDAY YOGA Franziska 10:30 - 11:30 F2
INTENSE YOGA Susana 18:00 - 19:30 Dachterrasse / F2	ZUMBA Lusiana 18:00 - 19:00 F5	HIGH INTENSITY TABATA Markus 18:00 - 19:00 F4	STRENGTH & MOBILITY Sebastian 18:00 - 19:00 F5	TOTAL BODY INTENSE Regina 17:00 - 18:00 F5	CHI YOGA Frank 16:00 - 17:30 F2	BAUCH BEINE PO Steffi 10:30 - 12:00 F5
CBC-CYCLING Markus 18:00 - 19:00 F1	VINYASA YOGA Sandra Sk. 18:30 - 20:00 Dachterrasse / F2	HATHA YOGA FLOW Jessica K. 18:30 - 20:00 F2	SYNRGY 360 Markus 18:30 - 20:00 KLZ	RÜCKEN YOGA Jeannette 17:30 - 18:45 F2	CBC-CYCLING René 11:00 - 12:00 F1	
FATBURNER Evi 19:00 - 20:00 F4	CBC-CYCLING Sandra 19:00 - 20:00 F1	BODYWORKOUT Meik 19:00 - 20:00 Dachterrasse / F5	HOT IRON Sandra 19:00 - 20:00 F4	ZUMBA Caterina 18:00 - 19:00 F4		
TOTAL TABATA Eva & Markus 19:15 - 20:15 F5	SYNRGY 360 Eva 19:00 - 20:00 KLZ	FUNCTIONAL TRX Markus 19:15 - 20:15 F4	CBC-CYCLING René 19:00 - 20:00 F1	JUMPING Kerstin 19:30 - 20:30 F5		
CBC-CYCLING Meik 19:15 - 20:15 F1	JUMPING FUNCTIONAL Kerstin / Sebastian 19:30 - 20:30 F5	VINYASA YOGA Sandra Sk. / Jessica K. 19:00 - 20:30 F2				
BODYWORKOUT Evi 20:00 - 21:00 F4	JUMPING Sebastian 19:00 - 20:00 F5					

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Kein regelmäßiger Kurs
Termine in der App ersichtlich

