

KURSPLAN

gültig ab 01.10.2025

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 - 09:45 TF Standup Zirkel	08:30 - 09:15 TF Standup Zirkel	09:00 - 09:45 TF Standup Zirkel	10:00 - 11:00 K1 Wirbelsäule	09:00 - 09:45 TF Standup Zirkel	10:15 - 11:15 K1 Body Workout	09:00 - 10:00 K1 Spin Racing
10:00 - 11:00 FF Zirkeltraining	09:00 - 10:00 K2 Pilates	09:45 - 10:15 TF Mobility Zirkel	11:00 - 12:00 K1 Body Workout	09:45 - 10:15 TF Mobility Zirkel	11:00 - 12:00 FF Zirkeltraining	10:15 - 11:15 K1 Body Workout
		10:30 - 11:30 K2 Bauch Beine Po			11:30 - 12:30 K2 Yoga	11:15 - 11:30 K1 Bauch spezial
18:00 - 19:00 K1 Body Workout		17:00 - 17:45 TF Standup Zirkel	18:00 - 19:00 K2 Yoga	17:30 - 18:30 K1 Bodystyle	12:00 - 12:15 FF Bauch spezial	11:30 - 11:45 K1 Rücken spezial
18:30 - 19:30 FF Zirkeltraining	18:00 - 19:00 K2 Pilates	17:30 - 18:30 K1 Zumba 	18:00 - 19:00 FF High Rocks	18:30 - 19:30 FF Zirkeltraining	12:15 - 12:30 FF Rücken spezial	
19:00 - 19:30 K2 Stretch & Relax	18:00 - 19:00 K1 Wirbelsäule 3D	17:30 - 18:30 K2 Bodystyle	18:00 - 19:00 K1 Spin Racing	18:30 - 19:30 K1 Flow Yoga		
19:00 - 20:00 K1 Spin Racing	18:30 - 19:30 FF High Rocks	18:30 - 19:30 K2 Deep Work	19:00 - 20:00 K1 Muskeltraining	19:30 - 19:45 FF Bauch spezial		
19:30 - 19:45 FF Bauch spezial	19:00 - 20:00 K1 Bauch Beine Po	19:00 - 20:00 K1 Spin Racing		19:45 - 20:00 FF Rücken spezial		
19:45 - 20:00 FF Rücken spezial						

Kraft	K1 = Kursraum 1
Kondition	K2 = Kursraum 2
Body & Mind	TF = Trainingsfläche
Dance	FF = Functionalfäche

