

Kursplan - ab 4. September 2023



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:30-08:15 TRX TF-Trainer	07:15-07:45 Synrgy Zirkel TF-Trainer	08:00-08:45 Get Fitter Virtual Cycling	07:15-08:15 Deep Work Tim	07:15-07:45 Synrgy Zirkel TF-Trainer	09:30-10:45 Bodega Moves & Reflow Christine	
08:00-08:45 Burn Calories Virtual Cycling	07:15-08:15 Body Art@ Tim	08:30-09:30 Rückenfit TF-Trainer	08:30-09:30 Indoor Cycling Tim	08:00-08:45 Burn Calories Virtual Cycling	10:00-10:45 Outdoor Training TF-Trainer	
09:00-09:45 Get Fitter Virtual Cycling	08:30-09:30 Indoor Cycling Tim	09:00-09:45 Burn Calories Virtual Cycling	10:00-11:00 Pilates Katharina (ab 14.09)	08:30-09:30 Morning Yoga Isabelle	10:00-10:45 Burn Calories Virtual Cycling	10:00-11:00 Indoor Cycling Alex
				09:00-09:45 Get Fitter Virtual Cycling	11:00-11:45 Power Core Rainer	11:00-12:00 Langhantel Training Juli
12:30-13:15 Burn Calories Virtual Cycling	12:30-13:15 Get Fitter Virtual Cycling	12:30-13:15 Burn Calories Virtual Cycling	12:30-13:15 Get Fitter Virtual Cycling	12:30-13:15 Burn Calories Virtual Cycling		12:15-13:00 Faszien Juli
17:15-17:45 Synrgy Zirkel TF-Trainer	18:00-18:50 Indoor Cycling Susi	17:45-18:15 Synrgy Zirkel TF-Trainer	18:00-19:00 Indoor Cycling Heidy	16:30-17:15 Burn Calories Virtual Cycling	16:00-16:45 TRX TF-Trainer	14:00-14:45 Burn Calories Virtual Cycling
18:00-18:50 Jumping Fitness Jolina	18:15-19:15 Pilates Workout Marianela	18:30-19:00 Mobility Break TF-Trainer	18:00-18:45 TRX TF-Trainer	17:45-18:30 Outdoor Training TF-Trainer	17:00-17:45 Burn Calories Virtual Cycling	16:00-16:45 Burn Calories Virtual Cycling
18:00-18:50 BBP Christine (ab 02.10)	18:30-20:00 Lauftreff Dirk	18:30-19:20 BBP Christine	18:30-19:00 Achtsamkeit & Meditation Isabelle	18:00-19:00 Indoor Cycling Olaf		16:30-17:15 Slow Flow Yoga Isabelle
19:00 - 19:50 Body Fusion Jolina	19:00-20:00 Body Performance Susi	18:00-19:00 Indoor Cycling Kolja (ab 06.09)	19:00-20:00 Pump & Core Heidy	18:15-19:15 Total Body Workout Marianela		17:30-18:15 Strengthen & Stretch Yoga Isabelle
19:00-20:00 Indoor Cycling Sevim	19:30-20:30 Mobility Yoga Flow Marianela	19:00-20:00 Indoor Cycling Kolja (ab 13.09)	19:10-20:10 Jumping Fitness Anna	19:30-20:30 Yogalates Marianela		
20:00-21:00 Rückenfit Sevim		19:30-20:45 Bodega Moves & Reflow Christine	20:30-21:15 Burn Calories Virtual Cycling			

Öffnungszeiten: Montag bis Freitag von 07:00-22:00 Uhr // Samstag, Sonntag und Feiertage von 09:00-19:00 Uhr

Änderungen am Kursprogramm vorbehalten. Kein Kursangebot an Feiertagen