

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|---|---|---|---|--|--|---|
| 07:00 | | 07:00 Studio 1 (60) IRON SYSTEM® | | 07:00 Studio 1 (60) IRON SYSTEM® | | | |
| 08:00 | | 08:00 Studio 2 (60) Wirbelsäule | 08:15 Studio 1 (60) IRON SYSTEM® | 08:05 Studio 1 (60) bodyART® ENERGETIC | 08:00 Studio 1 (60) deepWORK® | | |
| | | 08:00 Fläche (30) 🌀 POWER PLATE® Pure | | 08:00 Fläche (30) 🌀 POWER PLATE® Pure | 08:30 Studio 2 (90) Jivamukti Yoga I-II | | |
| 09:00 | 09:00 Studio 1 (60) IRON SYSTEM® | 09:00 Studio 1 (55) Step I-II | 09:20 Studio 1 (55) Dance Moves | 09:10 Studio 1 (50) Powerworkout | 09:05 Studio 1 (60) Flexi Rücken | 09:30 Studio 1 (50) BBRP | 09:30 Studio 1 (60) IRON SYSTEM® |
| | 09:00 Studio 2 (60) Pilates I-II | 09:05 Studio 2 (90) Kundalini Yoga | 09:20 Cyclingraum (60) Cycling Gold | 09:00 Studio 2 (75) Yoga Beginner | | | |
| | | 09:15 Pool (50) Aqua Intervall | 09:25 Pool (50) Aqua Mix | | 09:00 Pool (50) Aqua Mix | 09:30 Pool (50) Aqua Mix | |
| | 09:00 Fläche (30) 🌀 POWER PLATE® Pure | 09:00 Fläche (30) 🌀 POWER PLATE® Pure | 09:00 Fläche (30) 🌀 POWER PLATE® Pure | 09:00 Fläche (30) 🌀 POWER PLATE® Pure | | | 09:30 Fläche (30) 🌀 POWER PLATE® Pure |
| | 09:30 Funct.Area (30) Business Workout ❤️ | 09:30 Funct.Area (30) Business Workout ❤️ | 09:30 Funct.Area (30) Business Workout ❤️ | 09:30 Funct.Area (30) Business Workout ❤️ | | | |
| 10:00 | 10:10 Studio 1 (60) deepWORK® | 10:00 Studio 1 (60) Flexi Toning | 10:20 Studio 1 (50) Step I | 10:05 Studio 1 (50) FaszienFLOW | 10:10 Studio 1 (50) Workout Xplosion | 10:25 Studio 1 (55) Aero Classic I-II | 10:40 Studio 1 (60) Athletic Moves |
| | 10:10 Studio 2 (90) Jivamukti Yoga I-II | 10:40 Studio 2 (60) Pilates I-II | 10:30 Studio 2 (60) Pilates I-II | 10:20 Studio 2 (60) Wirbelsäule | 10:10 Studio 2 (60) Wirbelsäule | 10:35 Studio 2 (60) Pilates I-II | 10:45 Studio 2 (50) RückenFIT |
| | 10:10 Cyclingraum (60) Cycling Gold | | | | 10:00 Cyclingraum (60) Cycling Gold | 10:00 Cyclingraum (45) Cycling Xpress | 10:00 Cyclingraum (60) Cycling Black |
| | | | | | | 10:55 Cyclingraum (60) Cycling Gold | |
| | 10:40 Pool (50) Aqua Mix | | | 10:00 Pool (50) Aqua ZUMBA® | | | 10:20 Pool (50) Aqua Workout |
| | | 10:00 Fläche (30) 🌀❤️ POWER PLATE® Circuit | | 10:00 Fläche (30) 🌀❤️ POWER PLATE® Circuit | | | |
| | | | | | | | 10:00 Funct.Area (30) Business Workout ❤️ |
| 11:00 | 11:15 Studio 1 (60) bodyART® STRENGTH | 11:00 Studio 1 (55) ZUMBA® | | 11:05 Studio 1 (55) ZUMBA® | 11:10 Studio 1 (60) IRON SYSTEM® | 11:25 Studio 1 (50) Bodystyling | 11:45 Studio 1 (75) Bodystyling + Stretch |
| | 11:45 Studio 2 (50) 🌀 FaszienFLOW | | 11:35 Studio 2 (75) Yoga Beginner | | 11:20 Studio 2 (50) FaszienSTRETCH | 11:45 Studio 2 (60) Yin Yoga | 11:40 Studio 2 (60) Energy Kids 4-7J. € |
| | | | | | | | 11:20 Pool (50) Aqua Intervall |
| 12:00 | 12:00 Fläche (30) 🌀 POWER PLATE® Pure | | 12:00 Fläche (30) 🌀 POWER PLATE® Pure | 12:00 Fläche (30) 🌀 POWER PLATE® Pure | 12:00 Fläche (30) 🌀 POWER PLATE® Pure | | 12:30 Fläche (30) 🌀 POWER PLATE® Pure |
| 13:00 | 13:00 Studio 2 (50) Pilates I | | | 13:00 Studio 2 (75) Yoga Beginner | | | 13:00 Fläche (30) 🌀❤️ POWER PLATE® Circuit |
| 14:00 | 14:00 Pool (50) Aqua Workout | | | | | | |
| 15:00 | | 15:30 Studio 2 (60) Yoga for Kids 5-11J. € | 15:10 Studio 2 (90) Jivamukti Yoga I-II | | 15:45 Studio 2 (60) Pilates I-II | | |
| 16:00 | | 16:55 Studio 1 (60) IRON SYSTEM® | | | 16:55 Studio 1 (60) IRON SYSTEM® | 16:15 Studio 1 (60) Athletic Moves | 16:20 Studio 1 (50) BBRP |
| | 16:00 Studio 2 (60) Dance TEENS ab 9J. € | 16:40 Studio 2 (75) Vinyasa Flow Yoga | 16:45 Studio 2 (60) Yin Yoga | | 16:50 Studio 2 (75) Vinyasa Yoga I | | |
| | | | | | | 16:00 Fläche (30) 🌀 POWER PLATE® Pure | |
| 17:00 | 17:00 Studio 1 (55) Jazz Moves I-II | | 17:00 Studio 1 (60) deepWORK® | 17:00 Studio 2 (50) FaszienFLOW | | 17:25 Studio 1 (60) IRON SYSTEM® | 17:20 Studio 1 (55) ZUMBA® |
| | | 17:55 Cyclingraum (60) Cycling Gold | | 17:55 Studio 2 (60) Pilates II | | 17:30 Studio 2 (90) Vinyasa Yoga | 17:00 Studio 2 (60) Yoga Special |
| | | | | | | | |
| | | | | | 17:00 Fläche (30) 🌀 POWER PLATE® Pure | | |
| 18:00 | 18:00 Studio 1 (30) Thai Bo Intro | 18:00 Studio 1 (60) FUNCTIONALFIT® | 18:10 Studio 1 (55) Step II Dance Moves▲ | 18:00 Studio 1 (30) Thai Bo Intro | 18:00 Studio 1 (60) deepWORK® | | 18:30 Studio 1 (60) Bauchtanz |
| | 18:30 Studio 1 (50) Thai Bo | | | 18:30 Studio 1 (50) Thai Bo | | | |
| | 18:05 Studio 2 (60) Pilates I-II | 18:10 Studio 2 (90) Vinyasa Yoga I-II | 18:05 Studio 2 (60) Wirbelsäule | | 18:10 Studio 2 (50) 🌀 FaszienFLOW | | 18:05 Studio 2 (90) Hatha Yoga I-II |
| | 18:30 Cyclingraum (50) Cycling Silver | | | | 18:15 Cyclingraum (75) Cycling Platinum | | |
| | 18:30 Pool (50) Aqua Workout | 18:00 Pool (50) Aqua Easy | | | 18:15 Pool (50) Aqua Workout | | |
| | | 18:30 Fläche (30) 🌀 POWER PLATE® Pure | 18:30 Fläche (30) 🌀 POWER PLATE® Pure | 18:30 Fläche (30) 🌀 POWER PLATE® Pure | | | |
| 19:00 | 19:30 Studio 1 (60) ZUMBA® DANTAO▲ | 19:05 Studio 1 (60) IRON SYSTEM® | 19:10 Studio 1 (75) Bodystyling + Stretch | 19:30 Studio 1 (55) ZUMBA® | 19:05 Studio 1 (60) BOOTCAMP Xplosion | | |
| | 19:10 Studio 2 (75) Vinyasa Yoga I | 19:45 Studio 2 (60) Pilates II | 19:10 Studio 2 (75) Yoga Beginner | 19:00 Studio 2 (90) Vinyasa Yoga I-II | | | |
| | 19:30 Cyclingraum (60) Cycling Gold | 19:00 Cyclingraum (60) Cycling Gold | 19:00 Cyclingraum (90) Cycling Black | 19:20 Cyclingraum (60) Cycling Gold | | | |
| | 19:30 Pool (45) Schwimmtraining Intro | 19:00 Pool (50) Aqua Workout | 19:15 Pool (50) Aqua Fight | | | | |
| | 19:30 Fläche (30) 🌀❤️ POWER PLATE® Circuit | | 19:30 Fläche (30) 🌀❤️ POWER PLATE® Circuit | | | | |
| | 19:00 Funct.Area (30) Business Workout ❤️ | 19:00 Funct.Area (30) Business Workout ❤️ | 19:00 Funct.Area (30) Business Workout ❤️ | 19:00 Funct.Area (30) Business Workout ❤️ | | | |
| 20:00 | 20:35 Studio 1 (60) IRON SYSTEM® | 20:10 Studio 1 (60) BoxFITness | | 20:35 Studio 1 (60) IRON SYSTEM® | | | |
| | 20:30 Studio 2 (60) Yin Yoga | | 20:30 Studio 2 (75) Jivamukti Yoga I | | | | |
| | 20:20 Pool (60) Schwimmtraining II | | | | | | |
| | 20:30 Fläche (30) 🌀 POWER PLATE® Pure | 20:30 Fläche (30) 🌀 POWER PLATE® Pure | | 20:30 Fläche (30) 🌀 POWER PLATE® Pure | | | |

■ Aqua
 ■ Body + Mind
 ■ Choreographie
 ■ Cycling
 ■ Kids
 ■ POWER PLATE®
 Small Group Training
 ■ Workout

Das Kursangebot findet ab 3 Teilnehmern statt!
 Easy/Intro/Beginner = Einsteiger | I = Mittelstufe | II = Fortgeschritten | **IRON SYSTEM®** Levelverteilung siehe Internet | 🌀 Kursangebot ist teilnehmerbegrenzt |
 🚶 Wir empfehlen zu diesem Kursangebot eigenes Equipment mitzubringen | ❤️ Bitte zu diesem Kursangebot aufgewärmt erscheinen! ▲ monatsweise im Wechsel (siehe Aushang) | € Kursangebot entgeltlich (Kein Kids-Kursangebot während der Ferien!) | 🌀 nur nach vorheriger Terminvereinbarung

Fairplay | Group Fitness

- Bitte erscheine pünktlich zu Beginn des Kursangebotes.
- Solltest Du aus gesundheitlichen Gründen eingeschränkt sein, bitten wir Dich, den Instructor darüber zu informieren.
- Wir empfehlen angemessene Trainingsbekleidung.

- Aus hygienischen Gründen bitten wir darum, ein Trainingshandtuch zu benutzen.
- Zum eigenen Schutz solltest Du ausschließlich Plastikflaschen nutzen.
- Bitte geeignetes Schuhwerk verwenden, um Verletzungen und Verunreinigungen zu vermeiden.