

# Kursplan

Stand: 20.07.2026

| Montag                                                 | Dienstag                                | Mittwoch                                               | Donnerstag                                                       | Freitag                                                          | Sonntag                                                           | Geöffnet                                                                                                                                                                                                              |
|--------------------------------------------------------|-----------------------------------------|--------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.30 - 9.25 Uhr<br>Rücken & Flexibilität (C)           | 9.30 - 10.30 Uhr<br>Bauch Beine Po (A)  | 9.30 - 10.30 Uhr<br>Body-Forming (A)                   | 9.15 - 10.15 Uhr<br>Yoga<br>Flexibilität + Gelenke (C)           | 08.30 - 09.30 Uhr<br>Indoor-Cycle (C) Live<br><b>SOMMERPAUSE</b> | 10.00 - 11.00 Uhr<br>Workout on Sunday (A)                        | Mo.-Fr. 8.00 - 22.00 Uhr<br>Samstag 9.00 - 18.00 Uhr<br>Sonntag 9.00 - 19.00 Uhr                                                                                                                                      |
| 9.30 - 10.30 Uhr<br>Body Fit (A)                       | 16.45 - 17.45 Uhr<br>Indoor-Cycle (C)   | 16.45 - 17.30 Uhr<br>Flexi Bar (B)                     | 16.45 - 17.45 Uhr<br>Pilates (B)                                 | 18.00 - 18.45 Uhr<br>Jumping+Bauch (A)                           | 11.15 - 12.15 Uhr<br>Indoor-Cycle (C)<br>Live Coaching            | <b>Kursräume</b>                                                                                                                                                                                                      |
| 17.00 - 17.55 Uhr<br>Fresh Fit (A)                     | 18.00 - 19.00 Uhr<br>Hot Iron (B)       | 17.45 - 18.45 Uhr<br>Indoor-Cycle (C)<br>Live Coaching | 18.00 - 18.45 Uhr<br>Rücken Fit (C)                              | 18.00 - 18.55 Uhr<br>Hot Iron (B)                                |                                                                   | A = Aerobicraum<br>B = Boxraum<br>C = Spinningraum<br>D = Outdoor<br>F = Functional Gym                                                                                                                               |
| 17.00 - 18.30 Uhr<br>Static Yoga (C)                   | 18.00 - 18.45 Uhr<br>Rücken Fit (C)     | 18.00 - 18.55 Uhr<br>Jumping Workout (A)               | 18.00 - 18.45 Uhr<br>Aerobic Dance Mix (A)<br><b>SOMMERPAUSE</b> | 18.30 - 19.30 Uhr<br>Indoor-Cycle (C)                            | <b>REHA-Kurse</b>                                                 |                                                                                                                                                                                                                       |
| 18.00 - 18.55 Uhr<br>Hot Iron (B)                      | 18.15 - 19.15 Uhr<br>Power + Motion (A) | 18.15 - 19.15 Uhr<br>Functional (F)                    | 18.00 - 18.45 Uhr<br>Slashpipe meets<br>Hot Iron (B)             |                                                                  | <b>Dienstag</b><br>09.30 - 10.15 Uhr (C)<br>10.45 - 11.30 Uhr (C) |                                                                                                                                                                                                                       |
| 18.00 - 18.45 Uhr<br>Jumping+ Bauch (A)                | 19.00 - 20.00 Uhr<br>Boxen (B)          | 19.00 - 19.45 Uhr<br>Step / Fortgeschrittene (A)       | 18.15 - 19.00 Uhr<br>Functional (F)<br><b>SOMMERPAUSE</b>        |                                                                  | <b>Donnerstag</b><br>16.30 - 17.15 Uhr (C)                        | <b>Kursinfos</b>                                                                                                                                                                                                      |
| 18.30 - 19.30 Uhr<br>Functional (F)                    | 19.15 - 20.15 Uhr<br>Core Yoga (A)      |                                                        | 19.00 - 19.45 Uhr<br>ZUMBA<br><b>COMING SOON</b>                 |                                                                  |                                                                   | Die Kurse finden ab 4 Personen statt. <b>Bitte rechtzeitig Erscheinen.</b> Wer das Aufwärmen verpasst, kann aus gesundheitlichen Gründen und zum eigenen Schutz nicht mehr teilnehmen. Bitte bringt ein Handtuch mit. |
| 19.00 - 19.55 Uhr<br>TAE-FIT (A)                       |                                         |                                                        | 19.00 - 20.00 Uhr<br>Indoor-Cycle (C) Live<br><b>SOMMERPAUSE</b> |                                                                  |                                                                   |                                                                                                                                                                                                                       |
| 19.00 - 20.00 Uhr<br>Indoor-Cycle (C)<br>Live Coaching |                                         |                                                        |                                                                  |                                                                  |                                                                   |                                                                                                                                                                                                                       |
| 19.15 - 20.15 Uhr<br>TRX Suspension (B)                |                                         |                                                        |                                                                  |                                                                  |                                                                   |                                                                                                                                                                                                                       |

