Gültig ab April 2025

MONTAG

Zeit	Kurs	Instructor	Dauer	Raum
08:00	Explosive Starter	Nadine	0:50	1
09:00	JUMPING WORLD	Nadine	0:50	1
09:00	Bodyfit	Daniela	0:50	2
10:00	Dance Aerobic (Fortgeschrittene)	Ivam	0:50	1
10:00	BODYART®	Daniela	0:50	2
16:15	Vinyasa Yoga	Carola	1:20	2
17:00	Bauch, Beine, Po	Jana	0:50	1
18:00	STEP 2	Jana	0:50	2
18:00	Wirbelsäulengymnastik	Ewa	0:50	1
18:00	TRX Zirkeltraining	Karin	0:50	6
18:45	Cycling	Britta	0:50	5
19:00	FitBox Workout	Christian	1:20	4
19:00	DEEPWORK®	Ewa	0:50	2
19:00	Body Shape	Karin	0:50	1
19:45	Cycling	Tarik	0:60	5
20:00	Muscle Fire	Stefan	0:50	1
20:00	BODYART®	Ewa	0:50	2
21:00	Core Workout	Stefan	0:30	1

DIENSTAG

Zeit	Kurs	Instructor	Dauer	Raum
08:00	Wake up	Petra	0:50	1
09:00	BODYART®	Petra	0:50	1
10:15	Kundalini Yoga	Ottilia	1:20	2
16:30	Bauch, Beine, Po	Tarik	0:50	1
17:30	Muscle Fire Cardio	Tarik	0:50	1
18:00	Pilates Flow	Lisa J.	0:50	2
18:00	Cycling	Heiner	1:25	5
18:00	TRX	Team	0:50	6
18:30	JUMPING WORLD	Caro	0:50	1
19:00	FitBox Workout	Christian	0:50	4
19:00	Bauch Intensiv	Team	0:25	6
19:00	BODYART®	Daniela/ Gabriela	1:20	2
19:30	Latin Dance	Milan	0:50	1
19:30	Functional Training	Team	0:50	6

MITTWOCH

Zeit	Kurs	Instructor	Dauer	Raum
08:00	Body Shape	Karin	0:50	1
09:00	Yogilates	Karin	0:50	1
10:00	Pilates (Anfänger/Mittelstufe)	Gabriela	0:50	2
11:00	BODYART®	Gabriela	0:50	2
12:00	Fitnessbreak	Nadine	0:45	1
12:45	Kraft & Mobility	Nadine	0:20	1
16:00	Kundalini Yoga	Ottilia	1:20	2
17:00	Salsa Aerobic	Ivam	0:50	1
17:30	BODYART®	Melanie	0:50	2
18:00	Bauch, Beine, Po	Ivam	0:50	1
18:00	Capoeira Basics	Team	0:50	Squash im UG
18:30	Pilates	Gabi S.	0:50	2
19:00	WORLD JUMPING® jump up your life!	Jana F.	0:50	1
19:00	Kickboxen	Stipe	1:20	Squash im UG
19:00	Cycling	Lisa J.	0:50	5
19:30	Vinyasa Yoga	Mischa	1:20	2
19:30	Capoeira	Ivam	1:20	4
20:00	Body Shape	Jana F.	0:50	1

DONNERSTAG

Zeit	Kurs	Instructor	Dauer	Raum
08:00	Wake Up	Nadine	0:50	2
09:00	Body Shape	Beate	0:50	1
09:15	Cycling	Nadine	0:50	5
10:00	Mobility & Stretch	Beate	0:20	1
17:00	Step Beginner	Jana	0:50	1
17:15	Pilates	Gabriela	0:50	2
18:00	Latin Dance	Milan	0:50	1
18:00	TRX	Carsten	0:20	6
18:00	Cycling Einsteiger	Holger	0:50	5
18:15	Rückenfit & Facial Release	Gabriela	0:50	2
18:30	Crunch	Carsten	0:20	6
19:00	Functional Workout	Carsten	0:50	6
19:00	Muscle Fire	Stefan	0:50	1
19:00	Cycling	Holger	0:50	5
19:15	BAX®	Ivam	0:20	2
19:45	BODYART® strength	Ivam	1:20	2
20:00	Core Workout	Stefan	0:50	1

FREITAG

Zeit	Kurs	Instructor	Dauer	Raum
09:15	Fit Mix	Petra	0:50	1
09:15	Dance Aerobic (Anfänger)	Ivam	0:50	2
10:15	Wirbelsäulengymnastik	Petra	0:50	1
10:30	Yogilates	Karin	0:50	2
15:00	Pilates (Anfänger/Mittelstufe)	Irene	0:50	2
17:00	BODYART® PRANA	Petra	1:20	2
17:15	STEP 2	Ivam	0:50	1
18:15	Bauch, Beine, Po	Ivam	0:50	1
18:30	Bauch Intensiv	Joshi	0:20	6
19:00	Functional Training	Joshi	0:50	6
19:00	Kickboxen	Stipe	1:20	4
19:30	Capoeira	Ivam	1:20	2
20:00	Mobility & Stretch	Joshi	0:20	6

SAMSTAG

Zeit	Kurs	Instructor	Dauer	Raum
09:30	Body Shape	Karin	0:50	1
10:30	Hula Hoop	Karin	0:50	1
15:00	Pilates Special bis 28.4,	Susanne B	0:50	2
16:00	Wirbelsäulengymnastik	Susanne B	0:50	2

SONNTAG

Zeit	Kurs	Instructor	Dauer	Raum
10:00	Functional Training	Joshi	0:50	1
10:15	Joker	Team	0:50	2
11:00	Mobility & Stretch	Joshi	0:25	1
11:15	Joker	Team	0:50	2
17:00	Latin Dance	Camilo	0:50	1
17:30	Ashtanga Yoga (Mittelstufe/Fortgeschrittene)	Anina	1:20	2