

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
NEU 9:00 – 10:00 CrossWork Functional-Area, <i>Mateusz</i>	9:30 – 10:30 Fatburner-Workout Studio 1, <i>Susan</i>	9:00 – 10:00 Wirbelsäulengymnastik Studio 1, <i>Bettina</i>	9:00 – 10:00 Yoga „Entspannt in den Tag“ Studio 1, <i>Susan</i>	9:00 – 9:30 Faszientraining Studio 1, <i>Susan</i>	10:00 – 10:30 Arthrose Hüfte Studio 2, <i>Martin</i>	
9:00 – 10:00 Vital & Fit Studio 1, <i>Bettina</i>	10:30 – 11:30 Pilates Studio 1, <i>Susan</i>	10:00 – 10:30 Blackroll-Faszientraining Studio 1, <i>Bettina</i>	11:00 – 12:00 Yoga Studio 1, <i>Marc</i>	9:30 – 10:15 ZUMBA © Studio 1, <i>Susan</i>	10:30 – 11:30 BauchBeinePo Studio 1, <i>Gudrun</i>	
10:00 – 11:00 Fatburner-Workout Studio 1, <i>Susan</i>		10:00 – 10:30 Arthrose Rücken + Schulter Studio 2, <i>Martin</i>		10:15 – 11:15 Bodystyling Studio 1, <i>Susan</i>	10:30 – 11:00 Arthrose Knie Studio 2, <i>Martin</i>	11:30 – 13:00 Workout Studio 1, <i>Bärbel</i>
		10:30 – 11:00 Arthrose Hüfte Studio 2, <i>Martin</i>		10:00 – 11:00 Aquagymnastik* im Maritim, <i>Petra</i>	11:00 – 11:30 Arthrose Rücken + Schulter Studio 2, <i>Martin</i>	
		10:30 – 11:00 Bauch Studio 1, <i>Bettina</i>			11:30 – 12:30 Dance Studio 1, <i>Gudrun</i>	
		11:00 – 11:30 Arthrose Knie Studio 2, <i>Martin</i>				
NEU 17:00 – 18:00 ZUMBA © Studio 1	17:00 – 18:00 Pilates Studio 1, <i>Bettina</i>	17:00 – 18:00 Aquagymnastik* im Maritim, <i>Bettina</i>	NEU 17:30 – 18:00 Bauch Studio 1, <i>Bettina</i>	NEU 16:30 – 17:00 Bauch Studio 1, <i>Gudrun</i>	an jedem 1. Samstag im Monat	
17:30 – 18:00 Bauch Studio 2	18:00 – 19:00 ZUMBA © Studio 1, <i>Laura</i>	NEU 17:00 – 18:00 Intervall-Fatburner Studio 1, <i>Abdullah</i>	18:00 – 19:00 Pilates Studio 1, <i>Bettina</i>	17:00 – 18:00 Fatburner-Workout Studio 1, <i>Gudrun</i>	15:00 – 16:00 Dance Studio 1, <i>Susan</i>	
NEU 18:00 – 19:00 Pump-Attack Studio 2, <i>Susan</i>	18:00 – 19:00 Fatburner-Cycling* Studio 3, <i>Andy</i>	NEU 18:00 – 19:00 BauchBeinePo Studio 2, <i>Abdullah</i>	18:00 – 19:00 Fatburner-Cycling* Studio 3, <i>Andy</i>	18:00 – 19:00 Step II Studio 1, <i>Gudrun</i>		<i>Bitte beachtet unsere Aushänge zu „Specials“ und Sonderkursplänen!</i>
18:00 – 19:00 Intervall-Fatburner Studio 1	18:00 – 18:30 Jump-Fit-Workout* Jump Club, <i>Michelle</i>	18:00 – 19:00 ZUMBA © Studio 1, <i>Susan</i>	NEU 19:00 – 19:30 CrossWork* Functional-Area, <i>Mateusz</i>	18:00 – 19:00 Boxconditioning Studio 2, <i>Sascha</i>		<i>* wegen begrenzter Teilnehmerzahl ist eine Anmeldung erforderlich</i>
NEU 19:00 – 20:00 Bodystyling Studio 2, <i>Gudrun</i>	NEU 19:00 – 19:30 CrossWork* Functional-Area, <i>Martin</i>	19:00 – 19:30 Bauch Studio 1, <i>Susan</i>		19:00 – 19:30 Arthrose Knie Studio 1, <i>Martin</i>		<i>Die Kurse finden ab 4 Teilnehmern statt</i>
19:00 – 20:00 Yogilates Studio 1, <i>Susan</i>	19:00 – 20:30 Rückenfit & Stretching Studio 1, <i>Bärbel</i>	19:30 – 20:00 Pump-Attack Studio 1, <i>Susan</i>				<i>Änderungen vorbehalten!</i>
20:00 – 20:30 Faszientraining Studio 1, <i>Susan</i>		19:00 – 20:00 Bauch & Rückenworkout Studio 2, <i>Bärbel</i>				
		20:00 – 21:00 Faszien-Yoga Studio 1, <i>Susan</i>				