KURSPROGRAMM

gültig ab 01.11.2026

Montag		Dienstag		Mittwoch		Donnerstag	
GYM	CYCLING Area	GYM	CYCLING Area	GYM	CYCLING Area	GYM	CYCLING Area
9:15-10:10 Bodytoning				9:00-10:00 Zirkeltraining		9:30-10:30 Pilates	
10:15-11:15 Rückenfit		10:15-11:15 Yoga					
17:45-18:10 Bauch intensiv				17:25-17:55 Short intensive Workout			
18:15-19:10 Full Body Workout		18:30-19:20 Bodytoning		18:00-19:00 Core & Fitnessboxen	18:30-19:30 Indoor Cycling	18:30-19:20 BBP	
19:15-20:30 Yoga Flow	19:15-20:15 Indoor Cycling	19:30-20:20 Faszien & Stretch		19:10-20:25 Yoga Yang to Yin		19:25-20:20 NEW Functional Training	19:00-20:00 Indurance Cycling

MOVES - "LET´S DANCE"

LIMIT - "BE STRONG"

VITAL - "BE FIT"

SHAPE - "SHAPE YOUR BODY"

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Freitag	
GYM	CYCLING Area
9:15-10:10 Step Fit Flow	
10:15-11:15 Rückenfit	
17:00-18:00 Jumping	

Samstag	
GYM	CYCLING Area
10:00-11:15 Yoga	

Sonntag	
GYM	CYCLING Area
10:00-11:15 Yoga	

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ÖFFNUNGSZEITEN

Mo. – Fr. 06:30 - 23:00 Uhr

Sa. – So. 09:00 – 22:30 Uhr

MOVES - "LET´S DANCE"

LIMIT - "BE STRONG"

VITAL - "BE FIT"

SHAPE - "SHAPE YOUR BODY"