









| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|--|--|--|--|--------------------|-----------------------|-------------------|
| 08:30 ICE K2 | 08:30 Cross-workout*  | | 08:30 ICE K2 | | | |
| | | 09:00 Pilates* K2 | 09:00 Body-balance K1 | 09:00 Bodypump K1 | | |
| | 09:30 Poweryoga* K2 | | 09:00 Cross-workout*  | | 09:45 ICE K2 | |
| 10:00 Pilates* K1 | | | | | 11:00 Body-balance K2 | 11:00 Bodypump K1 |
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| | 17:30 Sh'bam K1 | | | | | |
| | 17:30 Pilates* K2 | 17:30 Bodypump K1 | 17:30 Poweryoga* K2 | 16:00 CXWORX K1 | | |
| 17:30 ICE K2 | 17:30 Cross-workout*  | | 17:30 Cross-workout*  | 16:30 Deep Work K1 | | |
| 18:10 CXWORX K1 | 18:30 Bodypump K1 | 18:45 CXWORX K1 | 18:45 Pilates* K1 | 17:45 Bodypump K1 | | |
| 18:45 Body-combat K1 | 18:45 Pilates* K2 | 18:45 ICE K2 | | | | |
| 19:00 Cross-workout*  | 18:45 Cross-workout*  | 19:00 Cross-workout*  | 18:45 Cross-workout*  | | | |
| 19:00 Pilates* K2 | 19:45 Body-balance K1 | 19:20 Body-combat K1 | | | | |
| 20:00 Poweryoga* K1 | | 20:00 Pilates* K2 | 20:00 Bodypump K1 | | | |
| 20:00 Pilates* K2 | | | 20:00 Pilates* K2 | | | |

ICE = Indoor Cycling Les Mills = CXworks, Bodycombat, Sh'bam, Bodybalance, Bodypump Crossworkout = Functional training

K1: Großer Kursraum K2: Kleiner Kursraum  Crosswerk-Area

Die Kurse finden ab einer Teilnehmerzahl von 3 Teilnehmern statt. | * Teilnahme nur nach vorheriger Anmeldung

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