

KURSPLAN

GÜLTIG AB DEM 01.06.2026



MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SA.	
R1	R2	FL.	R1	R2	FL.	R1	R2	FL.	R1	R2	FL.	R1	R2	FL.	R1	R2
	10:00 RÜCKEN FIT			10:00 BODY SCULPT			10:00 FASZIEN PILATES	10:00 ZIRKEL		10:00 CYCLING WORKOUT			10:00 RÜCKEN FIT	10:00 FUNCTIONAL TRAINING		11:00 RÜCKEN FIT
					14:00 FIT KIDZ!											
	17:00 RÜCKEN FIT	17:00 FREIES TRAINING		17:00 YOGA	17:00 FREIES TRAINING		17:00 RÜCKEN FIT				17:00 HYROX		17:00 PILATES	17:00 FREIES TRAINING	SO.	
18:00 CYCLING	18:00 BODY SCULPT	18:00 FUNCTIONAL TRAINING	18:00 PUMP IT UP	18:00 RÜCKEN PILATES	18:00 FUNCTIONAL TRAINING	18:00 CYCLING	18:00 ZUMBA	18:00 FUNCTIONAL TRAINING	18:00 RÜCKEN FIT	18:00 PUMP IT UP	18:00 FREIES TRAINING	18:00 CYCLING	18:00 BODY SCULPT			11:00 YOGA
		19:00 HYROX	19:00 BOX FITNESS	19:00 STEP 2	19:00 HYROX		19:00 YOGA	19:00 HYROX		19:00 STEP 2	19:00 FUNCTIONAL TRAINING				12:00 CYCLING	12:00 BODY SCULPT

KURSE FINDEN AB 5 TEILNEHMERN STATT
AKTUELLE INFORMATIONEN ERHÄLST DU IN UNSERER APP