

KURSPLAN

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-----------------------------------|--------------------------------|-------------------------------|-----------------------------------|--------------------------------|---------------------------|---------|
| 8:45–9:30 Best Age | | | | 10:00–10:45 Zumba® | | |
| 9:30–10:15 Best Age | 9:30–10:30 Langhantel | 10:00–10:45 Five Gymnastik | 9:30–10:15 Bodytoning | 10:45–11:30 Rücken Fit | | |
| 10:15–11:15 Faszien Fit & Five | 10:30–11:15 Bodytoning | 10:45–11:45 Best Age | 10:15–11:00 Rücken Fit | 11:30–12:00 Stretch & Relax | 13:00–14:00 Zumba® | |
| 11:30–13:00 Yoga | | | 11:00–11:30 Bauch Pur | 12:00–13:00 Orthopädie | 14:00–14:45 Rücken Fit | |
| | | 15:00–16:00 Orthopädie | | | | |
| | 17:00–17:45 Five Gymnastik | | | 17:00–17:45 Rücken Fit | | |
| 17:30–19:00 Yoga | 17:45–18:30 Bodytoning | | 17:30–18:15 Functional Circuit | 17:45–18:30 Bodytoning | | |
| 18:00–19:00 Functional Circuit | 18:30–19:30 Zumba® | 18:00–19:00 Bodytoning | 18:15–19:30 Yoga | | | |
| | 19:30–20:00 Stretch & Relax | 19:00–20:00 Rücken Fit | | | | |

Stand: März 2026. Änderungen vorbehalten.