

MONTAG

Kursraum 1 Kursraum 2

09:00 - 09:15
09:15 - 09:30
09:30 - 09:45
09:45 - 10:00
10:00 - 10:15
10:15 - 10:30
10:30 - 10:45
10:45 - 11:00
11:00 - 11:15
11:15 - 11:30
11:30 - 11:45
11:45 - 12:00

Club22

!18:30 - 19:30!
Functional Fitness

17:30 - 18:20
Faszien

18:30 - 19:30
ZUMBA fitness

19:30 - 20:30
Jumping MBH

17:30 - 17:45
17:45 - 18:00
18:00 - 18:15
18:15 - 18:30
18:30 - 18:45
18:45 - 19:00
19:00 - 19:15
19:15 - 19:30
19:30 - 19:45
19:45 - 20:00
20:00 - 20:15
20:15 - 20:30
20:30 - 20:45
20:45 - 21:00
21:00 - 21:15
21:15 - 21:30

DIENSTAG

Kursraum 1 Kursraum 2

09:00 - 10:00
YOGA

09:00 - 09:45
FITNESS ZIRKEL §20

10:15 - 11:15
pilates

NEU
ab 04.10.21

Club22

!18:00 - 19:00!
HIIT

Club22
!19:00 - 21:00!
FELT BOXEN

18:00 - 19:00
STEP

19:00 - 20:00
pilates

20:00 - 21:00
five § 20

MITTWOCH

Kursraum 1 Kursraum 2

Der InBody zeigt Dir Deine Trainingserfolge



Club22

!18:30 - 19:30!
Crosstraining

19:00 - 20:00
TRX

09:00 - 09:45
ZIRKEL §20

DONNERSTAG

Kursraum 1 Kursraum 2

09:00 - 09:45
FITNESS ZIRKEL §20

9:45 - 10:45
WSG

Club22

!18:30 - 19:30!
Crosstraining

Club22
!19:30 - 21:00!
FELT BOXEN

19:00 - 20:00
Langhantel

20:30 - 21:30
five §20

FREITAG

Kursraum 1 Kursraum 2

8:45 - 9:30
Faszien

09:30 - 10:25
Fit - Mix

18:30-19:30
BAUCH, BEINE, PO
LET'S GO!

SONNTAG

Kursraum 1

10:30 - 11:30
GOOD MORNING
Group Fitness

TRINKFLASCHE

4,50€

Öffnungszeiten
Montag bis Sonntag
06:00 - 22:00Uhr