

**09:00 – 09:45**  
Bauch Beine Po

**10:00 – 11:00**  
Rücken- Schulterfit  
+ Entspannung

**10:00 – 11:00**  
Faszienkurs

**17:10 – 17:55**  
Bauch Beine Po

**18:05 – 19:00**  
Body Combat

**18:20 – 19:05**  
Indoor Cycling

**19:15 – 20:15**  
Body Pump

**19:15 – 20:00**  
Indoor Cycling

**09:15 – 10:00**  
§44 Rehasport\*

**10:15 – 11:00**  
§44 Rehasport\*

**11:15 – 12:00**  
§44 Rehasport\*

**15:15 – 16:00**  
§44 Rehasport\*

**17:20 – 18:05**  
fle.xx  
Wirbelsäulengym.

**18:30 – 19:15**  
Step Aerobic

**18:15 – 19:00**  
Indoor Cycling

**19:20 – 20:20**  
Body Pump

**09:15 – 10:00**  
Body Pump Express

**10:15 – 11:15**  
Rücken- Schulterfit  
+ Entspannung

**10:15 – 11:15**  
Body Balance

**16:15 – 17:10**  
Body Balance

**17:15 – 18:15**  
Body Pump

**17:40 – 18:25 &  
18:35 – 19:20**  
Indoor Cycling

**18:30 – 19:25**  
Body Combat

**19:30 – 20:15**  
§44 Rehasport\*

**09:15 – 10:00**  
§44 Rehasport\*

**15:15 – 16:00**  
§44 Rehasport\*

**16:15 – 17:00**  
§44 Rehasport\*

**17:00 – 18:00**  
Faszienkurs

**09:00 – 09:45**  
Zumba Gold

**09:00 – 09:45**  
Indoor Cycling

**09:55 – 10:40**  
Pilates

**10:00 – 10:45**  
Rücken-Schulterfit

**10:45 – 11:30**  
Body Balance

**16:20 – 17:05**  
Indoor Cycling

**17:15 – 17:35**  
Bauchtraining

**17:45 – 18:45**  
Body Pump

**09:45 – 10:45**  
Yoga

**11:00 – 12:00**  
Body Combat

**12:15 – 13:15**  
Body Pump

**11:15 – 11:35**  
Bauchtraining

**11:45 – 12:45**  
Body Pump

**13:00 – 13:45**  
Indoor Cycling

**Kursplan gültig ab  
28.09.2018**

**\*nur mit Anmeldung**