

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
						1 10.15 - 11.00 Fatburner	
1 9.15 - 10.15 Bodypump	1 9.00 - 10.00 Tabata	1 9.15 - 10.15 BBP Bauch Beine Po		1 9.00 - 10.00 Sling Training fit	1 10.15 - 11.15 Bodypump	2 10.30 - 11.30 Karate Minis fit	
1 10.30 - 11.30 Pilates	1 10.15 - 11.15 Rückenfit	1 10.25 - 11.10 Faszienyoga		1 10.15 - 11.15 Rückenfit	1 11.25 - 11.55 BMW Bauch Muss Weg	S 11.00 - 12.00 Cycling fit	
1 17.15 - 17.45 Hula Hoop fit						1 11.15 - 12.15 Zumba	
1 18.00 - 19.00 Power Yoga			1 16.00 - 16.45 Kinderyoga fit	1 16.45 - 17.30 Kinder Jumping fit	<div style="border: 2px solid black; padding: 10px;"> <p>Anmeldung erforderlich (über Fitness Parks App)</p> <div style="display: flex; align-items: center;"> </div> </div>		
S 19.00 - 20.00 Cycling fit		1 17.45 - 18.45 Bodyforming	1 18.00 - 19.00 Figurtraining	S 17.30 - 18.30 Cycling fit			
2 19.05 - 19.55 Faszientraining	1 17.00 - 18.00 Fatburner	1 19.00 - 20.00 Bodypump	S 18.30 - 19.30 Cycling fit	1 17.45 - 18.30 Jumping fit			
1 19.15 - 20.00 Jumping fit	1 18.05 - 19.05 BBP Bauch Beine Po	S 19.00 - 20.00 Cycling fit	1 19.10 - 19.40 BMW Bauch Muss Weg	1 18.40 - 19.40 Yoga			
1 20.10 - 21.10 Bodypump	1 19.15 - 20.15 Yoga	1 20.10 - 21.10 Zumba	1 19.45 - 20.45 Fitnesskickboxen				
							Kursraum 1 Kursraum 2 Spinningraum S

Öffnungszeiten:

Mo - Mi 7.00 - 22.00	Do - Fr 8.00 - 22.00	Sa: 10.00 - 17.00 So: 9.00 - 18.00
--------------------------------	--------------------------------	---

Saunazeiten:

Mo - Mi 8.00 - 21.30	Do - Fr 9.00 - 21.30	Sa: 11.00 - 16.30 So: 10.00 - 17.30
--------------------------------	--------------------------------	--

Kinderbetreuung
(6 Monate - 9 Jahre)

Montag	9.00 - 12.00
Montag	15.00 - 18.00
Mittwoch	15.00 - 18.00
Sonntag	10.15 - 13.30

Cycling

(Jeden 1. Sonntag 11.00 - 12.30)

Montag	fit 19.00 - 20.00
Dienstag	fit 18.00 - 19.00
Mittwoch	fit 19.00 - 20.00
Freitag	fit 17.30 - 18.30
Sonntag	fit 11.00 - 12.00