

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1 9.15 - 10.15 Bodypump						1 10.15 - 11.00 Fatburner
1 10.30 - 11.30 Pilates	1 9.00 - 10.00 Tabata	1 9.15 - 10.15 BBP Bauch Beine Po		1 9:15 - 10.00 Sling Training	1 10.15 - 11.15 Bodypump	2 10:30 - 11:30 Karate Minis
1 17.15 - 17.45 Hula Hoop	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
1 18.00 - 19.00 Power Yoga						1 11.15 - 12.15 Zumba
18.30 - 19:30 Outdoor Fitness			1 16.00 - 16.45 Kinderyoga	1 16.45 - 17.30 Kinder Jumping		1 12.30 - 13.30 Body Balance
S 19.00 - 20.00 Cycling	1 17.00 - 18.00 Strong Fatburner	1 17.45 - 18.45 Bodyforming	1 18.00 - 19.00 Figurtraining	S 17.30 - 18:30 Cycling	<div style="border: 1px solid black; padding: 5px;"> Anmeldung erforderlich (einfach über eFit-App) </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> Kursraum 1 </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> Kursraum 2 </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> Spinning raum S </div>	
2 19.05 - 19.55 Faszientraining	S 18.00 - 19.00 Cycling	1 19.00 - 20.00 Bodypump	1 19.10 - 19.40 BMW Bauch Muss Weg	1 17.45 - 18.30 Jumping		
1 19.15 - 20.00 Jumping	1 18.05 - 19.05 BBP Bauch Beine Po	S 19.00 - 20.00 Cycling	2 19.10 - 19.40 Funtional Fit	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			

Öffnungszeiten:

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

Mo - Mi 8.00 - 21.30	Do - Fr 9.00 - 21.30	Sa: 11.00 - 16.30 So: 10.00 - 17.15
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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	19.00 - 20.00
Dienstag	18.00 - 19.00
Mittwoch	19.00 - 20.00
Donnerstag	18.00 - 19.00
Freitag	17.30 - 18.30
Sonntag	11.00 - 12.00