





| Montag   | Dienstag   | Mittwoch   | Donnerstag   | Freitag   | Samstag   | Sonntag   |
|--|--|--|--|---|---|---|
| 9.15 - 10.15<br>Pilates  | 9.30 - 10.00<br>Schulter Nacken  | 9.00 - 10.00<br>Hatha-Yoga   | 9.45 - 10.30<br>Rückenfit  |  9.00 - 10.00<br>Pilates         | 10.15 - 11.15<br>BodyPump    |  10.15 - 11.15<br>BodyPump  |
| 10.30 - 11.30<br>Rückenfit   |  10.00-10.30<br>Mobilitäts-<br>Training  |  10.30 - 11.15<br>Functional   | 10.45-11.45<br>YinYoga   |  10.30-11.00<br>Beckenboden      | 10.15 - 11.15<br>Tabata   |  11.30 - 12.30<br>Pilates   |
|  |  |  |  16.00 - 17.00<br>Kinder Bouldern<br>6 - 12 J.   |   | 11.20 - 11.50<br>Bauch muss weg   |   |
|  |  |  |  17.00 - 17.45<br>Bouldern<br>Kletter-Einweisung |   |   |   |
| 17.00 - 18.00<br>Yoga  |  16.00 - 16.45<br>Kinder Bouldern<br>6 - 12 J.  | 17.15 - 17.45<br>Schulter/Nacken   |  17.30 - 18.30<br>Bodyforming                    |   | <div style="text-align: center;">  <br/>                     Anmeldung erforderlich<br/>(einfach über App)<br/>                     Alle nicht anders gekennzeichneten Kurse finden im<br/>Kursraum 1 statt.<br/> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid black; padding: 5px; display: flex; align-items: center;"> <span style="font-weight: bold; font-size: 1.2em;">Eventraum</span>  <span style="font-size: 0.8em; margin-left: 5px;">Großer Kursraum im<br/>ersten OG</span> </div> <div style="border: 1px solid black; padding: 5px; display: flex; align-items: center;"> <span style="font-weight: bold; font-size: 1.2em;">Spinning</span>  <span style="font-size: 0.8em; margin-left: 5px;">Cycling Raum neben<br/>Kursraum 1</span> </div> <div style="border: 1px solid black; padding: 5px; display: flex; align-items: center;"> <span style="font-weight: bold; font-size: 1.2em;">Bouldern</span>  <span style="font-size: 0.8em; margin-left: 5px;">Boulder Area</span> </div> </div> </div> |   |
|  18.00 - 19.00<br>Jumping      |  17.00 - 17.45<br>Bouldern  | 17.45 - 18.45<br>Bodypump   |  18.00 - 18.45<br>Faszien Training               |   |   |   |
|  18.15 - 19.15<br>Bodyforming  | 18.00 - 19.00<br>Zumba   |  18.00 - 19.00<br>Bodyforming   | 18.30 - 19.30<br>Yoga  |  18.15 - 18.45<br>Sling Training |   |   |
|  19.15 - 20.15<br>Pilates   |  18.00 - 19.00<br>Functional  | 19.00 - 20.00<br>Box-Kick Fatburner  |  19.00 - 20.00<br>Functional                   | 18.00-19.00<br>Zumba  |   |   |
| 19.30 - 20.30<br>Bodypump   | 19.15 - 20.15<br>Power-Yoga  |  19.00 - 20.00<br>Jumping  | 19.45 - 20.45<br>Zumba   |   |   |   |

**Öffnungszeiten**

|         |               |
|---------|---------------|
| Mo - Fr | 7.00 - 22.00  |
| Samstag | 10.00 - 18.00 |
| Sonntag | 9.00 - 20.00  |

**Saunazeiten**

|         |               |
|---------|---------------|
| Mo - Fr | 9.00 - 21.30  |
| Samstag | 10.00 - 17.30 |
| Sonntag | 9.00 - 19.30  |

**Kinderbetreuung (6 Mon.- 8 Jahre)**

|            |   |
|------------|---|
| Montag     |  15.30 - 18.30 |
| Donnerstag |  16.00 - 19.00 |
| Freitag    |  9.00 - 12.00  |
| Sonntag    |  10.00 - 13.00 |

**Indoor Cycling/Spinning  **

|    |               |    |               |
|----|---------------|----|---------------|
| Mo | 18.00 - 19.00 | Fr | 9.15 - 10.15  |
| Di | 18.30 - 19.30 | Fr | 16.45 - 17.45 |
| Mi | 18.00 - 19.00 | So | 10.15 - 11.15 |
| Do | 19.00 - 20.00 |    |               |