

| Montag                                    | Dienstag  | Mittwoch                                       | Donnerstag  | Freitag   | Samstag                            | Sonntag   |
|---|---|--|---|---|------------------------------------|---|
| <b>1</b> 9.15 - 10.15<br>Bodypump         |   |  |   |   |                                    | <b>1</b> 10.15 - 11.00<br>Fatburner                           |
| <b>1</b> 10.30 - 11.30<br>Pilates         | <b>1</b> 9.00 - 10.00<br>Tabata                         | <b>1</b> 9.15 - 10.15<br>BBP<br>Bauch Beine Po |   | <b>1</b> 9.00 - 10.00<br>Sling Training                     | <b>1</b> 10.15 - 11.15<br>Bodypump | <b>2</b> 10.30 - 11.30<br>Karate Minis                        |
| <b>1</b> 17.15 - 17.45<br>Hula Hoop       | <b>1</b> 10.15 - 11.15<br>Rückenfit                     | <b>1</b> 10.25 - 11.10<br>Faszienyoga          | <b>2</b> 10.00 - 10.30<br>Nackenfit                       | <b>1</b> 10.15 - 11.15<br>Rückenfit                         | <b>1</b> 11.30 - 12.30<br>Yoga     | <b>S</b> 11.30 - 12.30<br>Karate Minis Fortgeschritten        |
| <b>1</b> 18.00 - 19.00<br>Power Yoga      | <b>1</b> 16.00 - 16.45<br>Kinder Tanzen<br>5 - 12 Jahre |  |   | <b>1</b> 11.30 - 12.30<br>Step<br>Jeden 1. Freitag im Monat |                                    | <b>S</b> 11.00 - 12.00<br>Cycling                             |
| <b>2</b> 17.30 - 18.00<br>Nackenfit       | <b>1</b> 17.00 - 18.00<br>Fatburner                     |  | <b>1</b> 16.00 - 16.45<br>Spaß für Kinder<br>5 - 12 Jahre | <b>1</b> 16.45 - 17.30<br>Kinder Jumping<br>5 - 12 Jahre    |                                    | <b>S</b> 11.15 - 12.15<br>Zumba                               |
| <b>S</b> 19.00 - 20.00<br>Cycling         | <b>S</b> 17.10 - 18.10<br>Cycling                       | <b>1</b> 17.45 - 18.45<br>Bodyforming          | <b>1</b> 18.00 - 19.00<br>Figurtraining                   | <b>S</b> 17.30 - 18.30<br>Cycling                           |                                    | <b>S</b> 12.30 - 13.30<br>Strech & Relax<br>8 Wochen Special! |
| <b>2</b> 19.05 - 19.55<br>Faszientraining | <b>S</b> 18.30 - 19.30<br>Rückenfit                     | <b>1</b> 19.00 - 20.00<br>Bodypump             | <b>S</b> 18.30 - 19.30<br>Cycling                         | <b>1</b> 18.40 - 19.40<br>Yoga Entspannung                  |                                    |   |
| <b>1</b> 19.15 - 20.00<br>Jumping         | <b>1</b> 18.05 - 19.05<br>BBP<br>Bauch Beine Po         | <b>S</b> 19.00 - 20.00<br>Cycling              | <b>1</b> 19.10 - 19.40<br>BMW<br>Bauch Muss Weg           |   |                                    |   |
| <b>1</b> 20.10 - 21.10<br>Bodypump        | <b>1</b> 19.15 - 20.15<br>Balance Workout               | <b>1</b> 20.10 - 21.10<br>Zumba                | <b>1</b> 19.45 - 20.45<br>Kickboxen                       |   |                                    |   |

**Anmeldung erforderlich  
(über Fitness Parks App)**

**Fitness Park**

Kursraum **1**

Kursraum **2**

Spinning  
raum **S**

**Öffnungszeiten:**

|                                |                                |   |
|--------------------------------|--------------------------------|---|
| <b>Mo - Mi</b><br>7.00 - 22.00 | <b>Do - Fr</b><br>8.00 - 22.00 | <b>Sa:</b> 10.00 - 17.00<br><b>So:</b> 9.00 - 18.00 |
|--------------------------------|--------------------------------|---|

**Saunazeiten:**

|                                |                                |  |
|--------------------------------|--------------------------------|--|
| <b>Mo - Mi</b><br>8.00 - 21.30 | <b>Do - Fr</b><br>9.00 - 21.30 | <b>Sa:</b> 11.00 - 16.30<br><b>So:</b> 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     | 19.00 - 20.00 |
| Dienstag   | 17.10 - 18.10 |
| Mittwoch   | 19.00 - 20.00 |
| Donnerstag | 18.30 - 19.30 |
| Freitag    | 17.30 - 18.30 |
| Sonntag    | 11.00 - 12.00 |