

KURSPLAN

KENZINGEN
GÜLTIG AB 18.10.2026

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG	
Saal 1/2 9:00-10:00 Figur Fit Andrea	Saal 3/4 9:00-10:00 Rücken-Fit Ines	Saal 1/2 extern 08:30-09:30 Reformer Pilates Silvy	Saal 3/4 9:30-10:15 Aqua Fit Doris	Saal 1/2 9:00-10:00 Figur Fit Ruth	Saal 3/4 09:00-09:45 Rehasport Aqua	Saal 1/2 9:30-10:30 Rücken-Fit Angelika	Saal 3/4 9:00-9:45 Aqua Fit Ruth	Saal 1/2 9:15-10:15 Rücken-Fit Angelika	Saal 3/4 9:00-10:00 WOD Andrea	Saal 1/2 9:30-10:30 Faszien Pilates Doris	Saal 3/4
10:15-11:00 Rehasport	09:00-09:45 Rehasport Aqua	9:00-9:45 Rehasport	extern 09:45-10:45 Qigong Ines	10:00-10:45 Rehasport	09:30 -10:00 Brain Pur Ines bis 21.10. 09:30-10:15 Neuroathletik Rücken-Fit Andrea ab 28.10.		9:00-9:45 Rehasport		9:00-9:45 Rehasport Aqua	11:00-12:00 Faszien Pilates Doris	
extern 11:00-12:00 FitnessDance Martina	10:15-11:30 Yoga Angelika	10:00-11:00 Rücken-Fit Angelika	10:15-11:00 Rehasport Aqua		10:15-11:00 Rückgrat Pur Atmung Ines		09:45-10:30 Aqua Fit Ruth	10:30-11:30 Figur Fit Angelika	10:00-10:45 Rehasport		
14:00-14:45 Rehasport	11:15-12:00 Rehasport Stuhl		extern 11:00-12:00 Senioren sport Ines	17:00-17:45 Rehasport	extern 16:00-17:00 Kindertanzen Martina		10:00-10:45 Rehasport		10:00-10:45 Rehasport Aqua		
		17:45-18:45 Indoor Cycling Andrea	extern 15:30-16:45 Eutonie Ute	18:00-19:00 Hot Iron Andrea	17:15-18:00 Rehasport Aqua		11:00 - 11:45 Rehasport Stuhl		11:00-11:45 Rehasport	SONNTAG	
17:45-18:45 Figur Fit Selina	18:15-19:15 Rücken-Fit Ines		17:00-17:45 Rehasport Aqua	19:15-20:15 Zumba Conny	17:00-18:15 Yoga Tanja	18:00-19:00 Figur Fit Ruth	17:00-17:45 Rehasport Aqua	18:00-19:00 Hot Iron Martin	extern 17:30-18:30 DanceforKids Martina	Saal 1/2 10:15-11:15 Figur Fit Team	Saal 3/4
18:00-19:00 WOD Nele	19:30-20:15 Rehasport	19:00-20:00 Figur Fit Andrea	18:00-18:45 Rehasport Aqua	19:30-20:30 WOD Andrea	18:15-19:00 Rehasport Aqua	19:00-20:00 4STREATZ® Sarah	18:00-18:45 Aqua Fit Doris		extern 18:30-19:30 FitnessDance Martina	10:00-11:30 Indoor Cycling Tanja ab 18.10.	
19:00-20:00 Hot Iron Dennis			18:30-19:30 Rückgrat Pur / Barfuß Pur Dennis		18:30-19:30 Pilates Doris		19:30-20:30 Indoor Cycling Daniela ab 29.10.	19:15-20:15 Zumba Conny		Anmeldung: 24h vor Kursbeginn, telefonisch oder per MySports App	
			19:30-20:15 Rehasport		19:45-20:30 Rehasport						

**Infos zu externen Kursen bekommst du in der Mysports App oder im Studio

*WorkoutOftheDay findet im Kraftwerk statt