




| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Sonntag |
|---|---|---|---|--|---|
| 9:00 - 9:25 Faszien Training Kathi 1 | 8:15 - 9:00 REHA Sport Jasmin 1 | 8:30 - 9:25 bodyART Kathi 1 | 8:15 - 9:00 REHA Sport Felix/Isabel 1 | 7:45 - 8:30 Early Bird Janine 2 |  |
| 9:30 - 10:25 bodyART Kathi 1 | 9:30 - 10:25 Vitalis 50+ Angela/Carola 1 | 9:30 - 10:25 Rücken Fit Angela 1 | 9:30 - 10:25 Pilates Angela 2 | 8:30 - 9:15 REHA Sport Réka 1 | 10:00 - 10:25 Bauch Fit Team 1 |
| 10:30 - 11:15 REHA Sport Angela 2 | 9:15 - 10:00 REHA Sport Felix/Isabel 2 | 10:30 - 11:25 Stretching Veronika 2 | 9:45 - 10:40 Yoga Boris 1 | 9:30 - 10:15 REHA Sport Réka 2 | 10:30 - 11:25 Sunday Workout Team 1 |
|  | 10:45 - 11:30 REHA Sport Angela 1 | 10:45 - 11:30 REHA Sport Angela 1 | 10:30 - 11:15 Aqua Celina  | 9:30 - 10:25 Body Mix Kathi 1 | |
| | | | 10:45 - 11:30 REHA Sport Angela 2 | 10:30 - 11:25 Stretching Veronika 2 | |
| 17:00 - 17:45 REHA Sport Angela 1 | 17:00 - 17:45 REHA Sport Felix/Isabel 1 | 16:00 - 16:45 REHA Sport Angela 1 | 16:30 - 17:15 REHA Sport Felix/Isabel 1 | 14:45 Nordic Walking Veronika | |
| 17:30 - 18:25 Rücken Fit Julia 2 | 17:30 - 18:25 Body Mix Nicole 2 | 17:00 - 17:55 Yoga Janine 2 | 17:30 - 18:25 Muscle Power Julia 1 | | |
| 18:00 - 18:55 Muscle Power Celina 1 | 18:00 - 18:55 Bungee Lisa/Franziska 1 | 18:00 - 18:55 Spin Bike Celina 1 | 18:30 - 18:55 Bauch Fit Kathi 2 | | |
| 18:30 - 19:25 Bauch Beine Po Julia 2 | 18:30 - 19:15 REHA Sport Felix/Isabel 2 | 18:00 - 18:55 Bauch Beine Po Linda 2 | 19:00 - 19:55 bodyART Kathi 2 | | |
| 19:00 - 19:55 Spin Bike Celina 1 | 19:00 - 19:55 deepWORK Kathi 1 | 19:00 - 19:45 Five Celina 2 | | | |
| 19:30 - 20:25 Yoga Janine 2 | 20:00 - 20:55 Pilates Kathi 1 | 19:00 - 19:55 TRX Jasmin/Katharina 1 | | | |
| | 20:00 - 20:55 Stretching Veronika | | | | |



Öffnungszeiten

Mo. - Fr. 7:30 - 22:00 Uhr

Sa. So. Feiertag 9:00 - 19:00 Uhr

Sauna + Dampfbad

Mo. - Fr. 8:00 - 21:45 Uhr

Sa. So. & Feiertag 9:00 - 18:45 Uhr

Mittwoch Damensauna

Kinderbetreuung

Mo. 17:30 - 20:00 Uhr

Mi.+Do. 17:00 - 20:00 Uhr

Parken


Auf unserem Hof

In der Tiefgarage (kostenpflichtig)

- Kurse im Haus

- Online 

- Hansefit App  HANSEFIT

 Figur & Kraft

 Ausdauer & Fitness

 Gesundheit & Prävention

Gym-Raum 1

Gym-Raum 2

Anmeldung:

24h vor Kursbeginn, telefonisch oder über unsere Homepage (simplybook)

- Spin-Bike
- Muscle Power
- TRX
- Bungee
- Kinderbetreuung