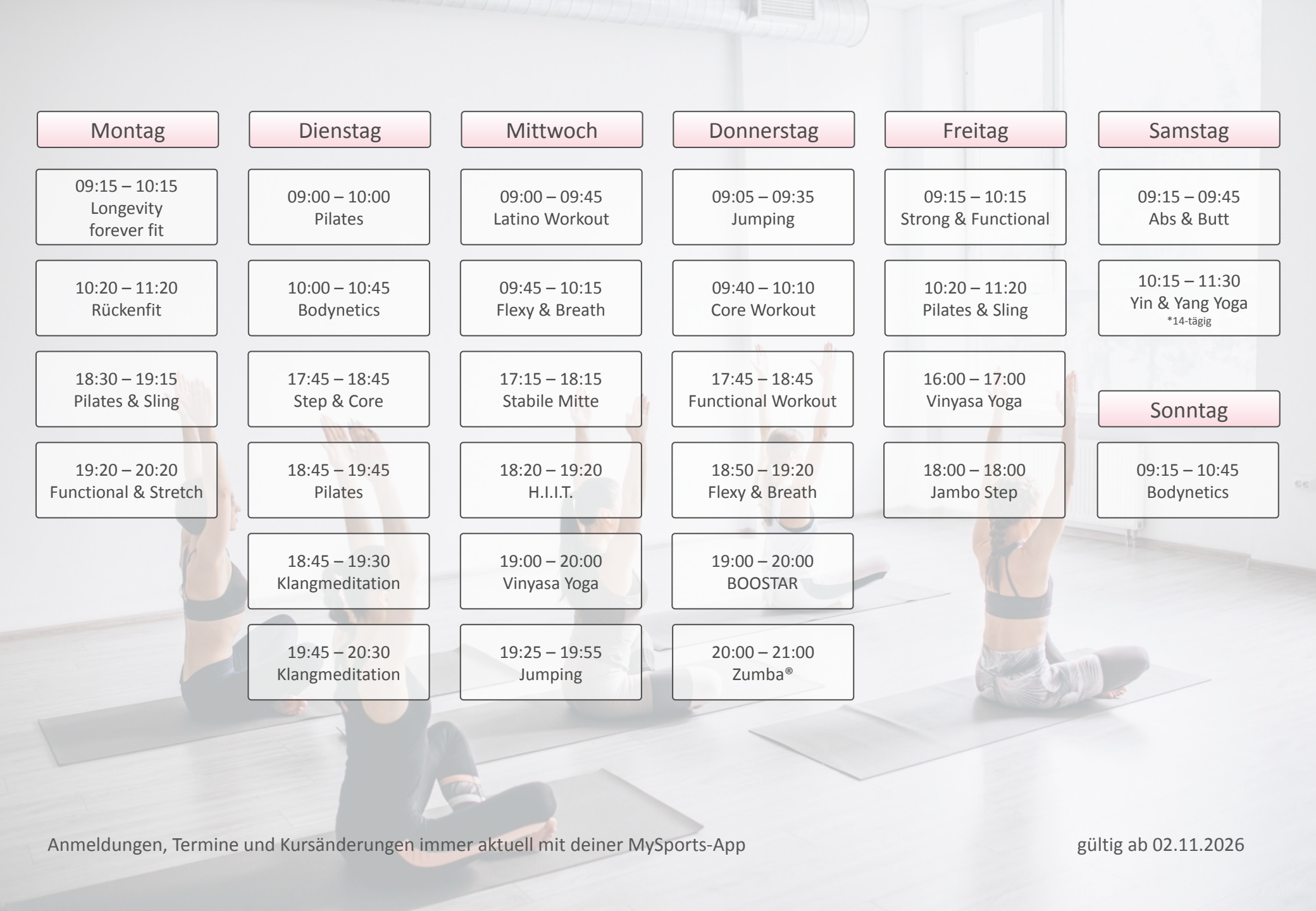


Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09:15 – 10:15 Longevity forever fit	09:00 – 10:00 Pilates	09:00 – 09:45 Latino Workout	09:05 – 09:35 Jumping	09:15 – 10:15 Strong & Functional	09:15 – 09:45 Abs & Butt
10:20 – 11:20 Rückenfit	10:00 – 10:45 Bodynetics	09:45 – 10:15 Flexy & Breath	09:40 – 10:10 Core Workout	10:20 – 11:20 Pilates & Sling	10:15 – 11:30 Yin & Yang Yoga *14-tägig
18:30 – 19:15 Pilates & Sling	17:45 – 18:45 Step & Core	17:15 – 18:15 Stabile Mitte	17:45 – 18:45 Functional Workout	16:00 – 17:00 Vinyasa Yoga	**Sonntag**
19:20 – 20:20 Functional & Stretch	18:45 – 19:45 Pilates	18:20 – 19:20 H.I.I.T.	18:50 – 19:20 Flexy & Breath	18:00 – 18:00 Jambo Step	09:15 – 10:45 Bodynetics
	18:45 – 19:30 Klangmeditation	19:00 – 20:00 Vinyasa Yoga	19:00 – 20:00 BOOSTAR		
	19:45 – 20:30 Klangmeditation	19:25 – 19:55 Jumping	20:00 – 21:00 Zumba®		

Anmeldungen, Termine und Kursänderungen immer aktuell mit deiner MySports-App

gültig ab 02.11.2026