

# Kursprogramm

Montag

09:30 - 10:30 TF  
Switching

10:30 - 11:30 Raum 1  
Aerobic XS

Dienstag

09:30 - 10:30 Raum 3  
Indoor Cycling

10:30 - 11:30 Raum 1  
Back Up Concept

Mittwoch

09:30 - 10:30 TF  
Switching

10:30 - 11:30 Raum 1  
Pilates

Donnerstag

09:30 - 10:30 Raum 1  
Bodystyling

10:30 - 11:30 Raum 1  
Rosanetics

10:30 - 11:00 Raum 2  
Stretch & Relax

Freitag

09:30 - 10:30 Raum 1  
Fit 4 All

10:30 - 11:45 Raum 1  
Yoga für den Rücken

Samstag

10:00 - 11:00 Raum 1  
Fit Boxen

Sonntag

10:00 - 11:00 Raum 1  
Effective

11:00 - 12:00 Raum 1  
Hot Iron

17:45 - 18:30 Raum 1  
Dance 4 All

18:30 - 19:15 Raum 1  
Bodyforming

19:15 - 20:15 Raum 1  
Functional

19:30 - 20:15 TF  
Switching

17:45 - 18:30 Raum 1  
FreeStyle

18:30 - 19:30 Raum 1  
Hot Iron Cross

19:35 - 20:35 Raum 3  
Indoor Cycling

17:30 - 18:15 Raum 1  
Body Battle

18:15 - 19:00 Raum 1  
Step 4 All

19:00 - 20:15 Raum 1  
Placement

18:00 - 19:15 Raum 2  
Vinyasa Yoga

19:15 - 20:30 Raum 2  
Power Yoga

18:00 - 19:00 Raum 1  
Core & Stretch

19:00 - 20:00 Raum 1  
New Style Bodyfitness

19:00 - 20:00 Raum 3  
Indoor Cycling

18:00 - 19:00 Raum 1  
Strong by Zumba

18:00 - 19:00 Raum 2  
Pilates

19:00 - 20:00 Raum 1  
Zumba

19:00 - 20:00 Raum 2  
Faszienfitness

**maxx**  
sports & wellness

