

gültig ab 03.03.2026

ENJOY THE
FEELING

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
08:00 - 08:45 A Yoga Brigitta	07:15 - 08:15 A Cycling Iris	NEU 09:30 - 10:15 A Rücken/Bauch Ilona	09:00 - 10:00 A Hatha Yoga Nigora	NEU 08:30 - 09:30 A Gentle Flow Yoga Carolina	10:15 - 11:15 A Body Intensiv Theresa
08:45 - 09:30 A Pilates Brigitta	09:00 - 10:00 A Body Complete Iris	NEU 10:15 - 11:00 A Body Mix Ilona	10:00 - 11:00 A Zumba Gold Elvira	09:30 - 10:30 A Best Ager Linda	11:15 - 12:00 A Stretch Theresa
NEU 09:30 - 10:15 A Rücken Fit Anja	10:00 - 10:30 A Body Stretch Iris				
NEU 10:15 - 11:00 A Stretch Anja					
16:30 - 17:15 A Core Dalibor	16:30 - 17:30 A Yoga Eva		16:30 - 17:30 A Kizginga Cassia		09:30 - 10:25 A Cycling Dieter/Valentina/Peter
17:30 - 18:30 A Body Complete Theresa	17:30 - 18:30 A Langhantel Iris	17:30 - 18:30 A Cycling Valentina	17:30 - 18:30 A Body intensiv Elena	18:00 - 19:00 A Cycling Julia	10:30 - 11:30 A Boxout Rick
NEU 18:30 - 19:30 A Pilates Theresa	18:30 - 19:30 A Zumba Elvira	18:30 - 19:30 F Body Complete Iris	NEU 18:30 - 19:30 A Vinyasa Yoga Elena	19:00 - 20:00 A Power Pilates Theresa	11:30 - 12:45 A Yoga Nigora
	19:30 - 20:30 A Boxout Rick	19:30 - 20:30 A Sleep Well Yoga Tanja	19:30 - 20:30 A Zumba Elvira	20:00 - 21:00 A Yin Yoga Nigora	

ÖFFNUNGSZEITEN

Mo - Fr: 07:00 - 22:00 Uhr
Sa, So, Feiertage: 09:00 - 20:00 Uhr

LEVEL

- A** Für Alle
- F** Für Fortgeschrittene
- O** Outdoor

An Feiertagen Kurse nach Aushang