gültig ab 04.11.2026

KURSPLAN

ENJOY THE FEELING

MONTAG

- 09:30 - 10:15 A — Rücken Fit — Anja
- 10:15 - 11:00 A — Stretch — Anja
- 17:30 - 18:30 A — Body Complete — Theresa
- 18:30 - 19:30 A — Pilates — Theresa
- 19:30 - 20:30 A — Dance Fit — Anastasiia

DIENSTAG

- 07:15 - 08:15 A — Cycling — Iris
- 09:00 - 10:00 A — Body Complete — Iris
- 10:00 - 10:30 A — Body Stretch — Iris
- NEU 16:30 - 17:15 F — Wassergymnastik — Cassia
- 16:30 - 17:30 A — Yoga — Eva
- 17:30 - 18:30 F — Langhantel — Iris
- 18:30 - 19:30 A — Zumba — Elvira
- 19:30 - 20:30 A — Boxout — Hakan

MITTWOCH

- 09:30 - 10:15 A — Rücken/Bauch — Ilona
- 10:15 - 11:00 A — Body Mix — Ilona
- 17:30 - 18:25 A — Cycling — Valentina
- 18:30 - 19:30 F — Body Complete — Iris
- 19:30 - 20:30 A — Sleep Well Yoga — Tanja

DONNERSTAG

- 09:00 - 10:00 A — Hatha Yoga — Nigora
- 10:00 - 11:00 A — Zumba Gold — Elvira
- NEU 15:30 - 16:00 A — Wassergymnastik — Cassia
- 16:30 - 17:30 A — Kizomba Pelvic Flow — Cassia
- 17:30 - 18:30 A — Body Complete — Anastasiia
- 18:30 - 19:30 A — Pilates — Anastasiia
- 19:30 - 20:30 A — Zumba — Elvira

FREITAG

- 08:30 - 09:30 A — Gentle Flow Yoga — Carolina
- 09:30 - 10:30 A — Best Ager — Linda
- 18:00 - 18:55 A — Cycling — Ralf
- 19:00 - 20:00 A — Yoga — Nigora

SAMSTAG

- 10:15 - 11:15 A — Body Intensiv — Anastasiia
- 11:15 - 12:00 A — Stretch — Anastasiia

SONNTAG

- 09:30 - 10:25 A — Cycling — Dieter/Valentina/Peter
- 10:30 - 11:30 A — Boxout — Rick
- 11:30 - 12:45 A — Yoga — Nigora

ÖFFNUNGSZEITEN

Mo - Fr:	07:00 - 23:00 Uhr
Sa, So, Feiertage:	08:00 - 20:00 Uhr

LEVEL

- A Für Alle
- F Für Fortgeschrittene
- O Outdoor

An Feiertagen Kurse nach Aushang

oxygym FITNESS & HEALTH CLUB