

gültig ab 18.08.2026

KURSPLAN

ENJOY THE
FEELING

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
08:00 - 08:45 ^A Yoga Brigitta	07:15 - 08:15 ^A Cycling Iris	09:30 - 10:15 ^A Rücken/Bauch Ilona	09:00 - 10:00 ^A Hatha Yoga Nigora	08:30 - 09:30 ^A Gentle Flow Yoga Carolina	^{NEU} 10:15 - 11:15 ^A Body Intensiv Anastasiia
08:45 - 09:30 ^A Pilates Brigitta	09:00 - 10:00 ^A Body Complete Iris	10:15 - 11:00 ^A Body Mix Ilona	10:00 - 11:00 ^A Zumba Gold Elvira	09:30 - 10:30 ^A Best Ager Linda	^{NEU} 11:15 - 12:00 ^A Stretch Anastasiia
09:30 - 10:15 ^A Rücken Fit Anja	10:00 - 10:30 ^A Body Stretch Iris				
10:15 - 11:00 ^A Stretch Anja					
	16:30 - 17:30 ^A Yoga Eva		16:30 - 17:30 ^A Kizomba Pelvic Flow Cassia		
17:30 - 18:30 ^A Body Complete Theresa	17:30 - 18:30 ^A Langhantel Iris	17:30 - 18:25 ^A Cycling Valentina	^{NEU} 17:30 - 18:30 ^A Body Complete Anastasiia	^{NEU} 18:00 - 18:55 ^A Cycling Ralf	10:30 - 11:30 ^A Boxout Rick
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 Pilates Anastasiia	19:00 - 20:00 ^A Pilates Nigora	11:30 - 12:45 ^A Yoga Nigora
^{NEU} 19:30 - 20:30 ^A Dance Fit Anastasiia	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