

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 9.00 – 10.00 Yoga KR 2 	 8.30 – 9.30 Rücken Fit KR 3 	 8.30 – 9.30 Fitness Cocktail KR 1 	 8.30 – 9.30  Rücken Fit KR 1 	 9.00 – 10.00 Cycling 	 11.30 – 12.30 Fitness-Boxen KR 3 	 9.30 – 10.30 Cycling 
 9.00 – 10.00 Cycling 	 9.30 – 10.30 ZUMBA KR 1 	 9.00 – 10.00 Cycling 	 9.45 – 10.30 Jumping Fitness KR 1 	 9.00 – 10.00  flexx-Gymnastik KR 2 	 14.30 – 15.30 LES MILLS BODYPUMP KR 1 	 10.35 – 11.30 Fitness Cocktail KR 1 
 10.05 – 11.05 Total Body Workout KR 1 	 10.00 – 11.00 Rücken Fit KR 3 	 9.30 – 10.30 Total Body Workout KR 1 	 17.00 – 18.00 Cycling 	 9.00 – 10.00 Fitness Cocktail KR 1 		 10.45 – 11.45 Cycling 
 10.15 – 11.00 BALLance Dr. Tanja Kühne KR 2 	 10.30 – 11.30 Pilates KR 1 	 17.30 – 18.00 Bauchkiller KR 2 	 17.45 – 18.30 Jumping Fitness KR 1 	 10.05 – 11.05 Pilates KR 3 		 11.30 – 12.15 BALLance Dr. Tanja Kühne KR 1 
 17.30 – 18.30 Pilates KR 2 	 11.15 – 12.00 PMR* KR 3 	 17.30 – 18.00 GRIT SERIES KR 1 	 18.15 – 19.15 Cycling 	 10.15 – 11.15 Yoga KR 2 		
 17.25 – 17.45 Bauchkiller KR 3 	 17.00 – 18.00 Cycling 	 18.05 – 19.05 ZUMBA KR 3 	 18.30 – 19.30 Ashtanga-Yoga mit Anmeldung (10 Wochen f. Fortgeschrittene) KR 2 	 17.00 – 18.00 ZUMBA KR 3 		
 18.00 – 19.00 Cycling 	 18.00 – 19.00 deepWORK™ KR 1 	 18.15 – 19.00 flexx-Gymnastik KR 2 	 18.35 – 19.30  Rücken Fit KR 1 	 17.00 – 18.00 LES MILLS BODYPUMP KR 1 		
 18.00 – 18.45 Jumping Fitness KR 1 	 18.10 – 19.10 Cycling 	 18.15 – 19.00 Jumping Fitness KR 1 	 19.30 – 20.30 Ashtanga-Yoga mit Anmeldung (10 Wochen Grundkurs) KR 2 	 18.15 – 18.45 GRIT SERIES KR 1 		
 18.30 – 19.00 LES MILLS GRIT SERIES KR 3 	 19.00 – 20.00 Fitness-Boxen KR 3 	 18.15 – 19.15 Cycling 	 19.35 – 20.35 LES MILLS BODYPUMP KR 1 	 18.15 – 19.00  Yoga KR 2 		
 19.00 – 19.30 BALLance Dr. Tanja Kühne KR 2 	 19.15 – 20.15 LES MILLS BODYPUMP KR 1 	 19.00 – 19.45 BALLance Dr. Tanja Kühne KR 2 		 18.15 – 19.15 Cycling 		
 19.15 – 20.15 Cycling 						
 19.30 – 20.30 Yoga KR 2 						

- HerzKreislauftraining 
- Muskulatur-/Krafttraining 
- Figurtraining 
- Rückentraining 
- Balancetraining 
- Kursraum KR
- Kinderbetreuung 
- BALLance**
Dr. Tanja Kühne 
- *Progressive Muskelrelaxation

Unsere
Kooperations-Partner
wünschen viel Spaß
beim Training




























