














Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Kurse vormittags	Samstag
 -BBP 10.30-11.15 <small>powered by transatlanticfitness.com</small>	 10.30 - 11.30   - STRETCH 11.30 - 12.00 <small>powered by transatlanticfitness.com</small>	Hatha Yoga Flow 10.30 - 11.30	Pilates 10.30 – 11.30	Bodystyling 10.30 – 11.15  <b>BALLance</b> 11.15 – 12.00		Pilates 09.45 – 10.45   11.00 - 12.00   12.00-13.00   13.00 - 14.00

 Rücken  Ausdauer/  
Stoffwechsel  Kräftigung


					Kurse abends	Sonntag
WSG 17.45 - 18.40   18.40 - 19.40	Pilates 17.30 - 18.30  Step 18.30 – 19.30	 18.00 - 19.00   -Bauchkiller 19.00-19.45 <small>powered by transatlanticfitness.com</small>	 18.30-19.30  Pilates 19.30 - 20.15  Bauch+Rücken 20.15 – 21.00	Yoga Special 18.15 – 19.30  <b>WSG</b> 19.30 – 20.30		Step Medium 11.00 - 12.00  BBP 12.00 - 13.00

Pilates  
19.45 – 20.30

Fit Yoga Basic  
20.30 – 21.30

Indoor Cycling  
19.15 - 20.15

ZUMBA  
19.30 - 20.25

  
20.25 - 21.25

**BALLance/Stretch+**  
R ü cken  
19.45 – 20.30

Unsere Öffnungszeiten  
 Mo-Fr 07.30 - 22.30 Uhr  
 Sa 09.00 - 19.00 Uhr  
 So 10.30 - 18.00 Uhr