



FITNESSKURSE KURSPLAN

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---|--|---|---|--|--|------------------------------|
| 09:00 Julio Body Vitaity | 09:00 Patricia Full Body Workout | 08:30 outdoor Sandra Full Body Workout | 08:30 Lisa Core Fit | 09:00 Patricia Full Body Workout | 10:30 Carola deepWORK® | 10:30 Team HAT-Special |
| 09:00 outdoor Spinning® | 10:00 Bine Gesunder Rücken | 09:30 Patricia Beckenboden | 09:00 outdoor Sandra Spinning® | 10:00 Bine Gesunder Rücken | 11:30 outdoor Carola Yoga & Relax | |
| 10:00 Gesunder Rücken | 11:00 outdoor Julio Qigong | 10:30 Sylvia Fit & Vital | 09:30 Sandra Faszientraining | 11:00 outdoor Lisa Yoga | Julio | |
| 10:00 outdoor Nordic Walking Fortg. | Heiko | 11:00 outdoor Petra Pilates | 10:30 Carola Gesunder Rücken | | | |
| 11:00 Yoga | Julio | | | | | |
| 12:15 outdoor Fit & Vital | Sandra | | | | | |
| 18:00 Dennis Gesunder Rücken | 17:30 Astrid Yoga | 18:00 Petra Feldenkrais | 17:30 Angi Full Body Workout | 18:00 outdoor Richy Spinning® | | |
| 18:00 Jana Full Body Workout | 18:00 outdoor Silke Spinning® | 18:00 Alex Functional Fit | 18:30 outdoor Frank Spinning® | 18:00 Edda Workout | | |
| 18:15 outdoor Spinning® | 18:30 Maike Bauch-Beine-Po | 18:00 outdoor Stephie Spinning® | 18:30 Richy PILOXING® | 19:00 Janine ZUMBA® | Edda | |
| 19:00 Jana Functional Fit | 19:00 outdoor Silke Spinning® | 19:00 Alex Lift Workout | | | | |
| | 19:30 Pilates | 19:00 Stephie Yoga | Astrid | | | |
| | | 20:00 Alex Bauch Express (30 Min.) | | | | |

Für alle Kurse ist eine Anmeldung auf
Yolawo notwendig.
Kursdauer: 60 Minuten
Bauchexpress: 30 Minuten
Nordic Walking: 75 Minuten

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| Ausdauer |
| Aerobic - Dance - ZUMBA® |
| Wellness - Gesundheit |
| Workout - Kräftigung |
| Kursangebot nach Aushang |

Stand: 01.08.2021