

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.30-10.30 BODYSTYLING <i>Olga</i>	9.30 - 10.30 DEEP WORK <i>Olga</i>	9.30-10.00 CXWORX <i>Gabi</i>	9.30-10.30 LesMils MIX <i>Isabelle</i>	9.30-10.30 BODYPUMP <i>Lele</i>	9.30 - 10.30 BODYPUMP <i>Jürgen</i>	10.00 - 11.00 RÜCKEN FIT <i>Ninja</i>
10.30-11.30 PILATES <i>Olga</i>	10.30-11.30 BODYPUMP <i>Linda</i>	10.00-11.00 BEWEGTER RÜCKEN <i>Gabi</i>	10.30 -11.30 BODYSTYLING <i>Dr. Wallace</i>	10.30 -11.30 DEEP WORK <i>Lele</i>	10.30 - 11.00 BAUCH FIT <i>Jürgen</i>	11.00 - 11.30 STRETCH & RELAX <i>Ninja</i>
18.00-18.30 CXWORX <i>Marco/Matieu</i>	18.00-18.30 CXWORX <i>Jürgen</i>	17.30-18.30 BODYBALANCE <i>Isabelle</i>	17.30-18.30 BODYBALANCE <i>Tanja</i>	17.00-18.00 BODYATTACK <i>Jürgen</i>	11.00 -12.00 BODYATTACK <i>Jürgen</i>	15.25-16.25 BODYPUMP <i>Bianca</i>
18.30-19.30 BODYPUMP <i>Marco/Mathieu</i>	18.30-19.00 BAUCH FIT <i>Jürgen</i>	18.30-19.30 BODYPUMP <i>Isabelle</i>	18.30-19.00 GRIT CARDIO <i>Bianca</i>	18.00-19.00 BODYPUMP <i>Jürgen</i>	10.00-11.00/Raum 2 BODYSTYLING <i>Lele</i>	16.30-17.00 CXWORX <i>Bianca</i>
19.30-20.30 LMISTEP <i>Joel</i>	19.00-20.00 BODYATTACK <i>Jürgen</i>	19.30-20.30 BODYCOMBAT <i>Jerome</i>	19.00-19.30 CXWORX <i>Bianca</i>	19.05-20.35 YOGA <i>Ninja</i>	11.00-12.00/Raum 2 PILATES <i>Lele</i>	17.00-17.30 GRIT CARDIO <i>Bianca</i>
20.30-21.30 TRX <i>Dr. Wallace</i>	20.15-21.15 BODYPUMP <i>Jürgen</i>	20.30-21.30 TRX <i>Mathieu</i>	19:30-20:30 LMISTEP <i>Joel</i>		17.00-18.00 DANCE BODY TONING <i>Dr. Wallace</i>	17.30-18.30 BODYCOMBAT <i>Bettina</i>
18.30-20.00/Raum 2 YOGA <i>Ninja</i>	19.30-20.30/Raum 2 INDOOR CYCLING <i>Jerome</i>	18.30-19.30/Raum 2 PILATES <i>Olga</i>	20.30-21.30 BODYPUMP <i>Monika</i>			18.30-19.30 BODYBALANCE <i>Bettina</i>
		19.30-20.00/Raum 2 CXWORX <i>Isabelle</i>	19:30-20:30/Raum 2 YOGA <i>Monika</i>			
		20.00-20.30/Raum 2 GRIT CARDIO <i>Mathieu</i>				

Bei allen Cyclingkursen Voranmeldung am selben Tag !

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Öffnungszeiten:

Mo, Mi: 9:00 - 23:00 Uhr
 Di, Do: 6:30 - 23:00 Uhr
 Fr: 9:00 - 23:00 Uhr
 Sa, So: 9:00 - 22:00 Uhr
 Feiertage: 9:00 - 22:00 Uhr

Fitday-Tarife:

Check out bis 17:00 Uhr

Kinderbetreuung:

Mo: 9.15 - 11.45 Uhr
 Di: 9.15 - 11.45 Uhr
 Mi: 9.15 - 11.45 Uhr
 Do: 9.15 - 11.45 Uhr
 Fr: 9.15 - 11.45 Uhr
 Sa: 9.15 - 12.15 Uhr
 So: -----

