

Kursplan

20.04.2026 - 26.04.2026

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Montag 20.04.2026	Dienstag 21.04.2026	Mittwoch 22.04.2026	Donnerstag 23.04.2026	Freitag 24.04.2026	Samstag 25.04.2026	Sonntag 26.04.2026
09:00 - 09:55 Rücken	09:00 - 09:55 Pilates	09:00 - 09:55 Pilates / Faszit Tr...	09:00 - 09:55 Balance	09:00 - 09:55 Rücken	10:30 - 11:25 Zumba®	
10:00 - 10:55 BBP	10:00 - 10:55 Full Body Workout	10:00 - 10:45 Bauchkiller	10:00 - 10:55 Muskel Power	10:15 - 11:10 Pilates Dynamik	11:30 - 12:30 QUEENAX Bauchkiller...	
18:00 - 18:55 Muskel Training	18:00 - 18:55 Full Power	10:15 - 11:10 Hatha Yoga	18:00 - 18:55 Fun Tone®	17:00 - 17:55 Qi Gong		
19:00 - 19:55 Zumba®	19:00 - 20:00 Zirkeltraining - Qu...	18:00 - 19:00 Zirkeltraining - Qu...	19:00 - 19:55 Bauch-Rücken-Faszit...	18:00 - 18:55 Hatha Yoga		
19:15 - 20:10 Indoor-Cycling in d...	19:00 - 19:55 Pilates Dynamik	18:00 - 18:55 Langhanteltraining				
		19:15 - 20:10 Pilates				
		19:15 - 19:45 Faszientraining				

Beweglichkeit & ...
 Herz & Kreislauf...
 Muskeln & Figur
 Rückentraining

Stand: 21.04.2026