

gültig ab 05.11.2021

# KURSPLAN

ENJOY THE  
FEELING

| MONTAG                                                      | DIENSTAG                                              | MITTWOCH                                        | DONNERSTAG                                       | FREITAG                                                | SAMSTAG                                               |
|-------------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------|--------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------|
| 09:00 - 10:00 <b>E</b><br>Yoga<br>Kristina                  | 09:00 - 10:00 <b>A</b><br>Yogalates<br>Nina           | 09:30 - 10:15 <b>A</b><br>Rücken Fit<br>Anja    | 10:00 - 11:00 <b>A</b><br>Best Ager<br>Linda     | <b>NEU</b> 09:00 - 10:00 <b>E</b><br>Yoga<br>Carmen    | 10:15 - 11:15 <b>A</b><br>Body Intensiv<br>Nina       |
| <b>NEU</b> 10:00 - 11:00 <b>E</b><br>Pilates<br>Kristina    | 10:00 - 11:00 <b>F</b><br>Functional Training<br>Nina | 10:15 - 11:00 <b>A</b><br>Stretch Relax<br>Anja |                                                  | <b>NEU</b> 10:00 - 11:00 <b>E</b><br>Faszien<br>Carmen | 11:15 - 12:00 <b>A</b><br>Body Ballett<br>Nina        |
|                                                             |                                                       |                                                 |                                                  |                                                        |                                                       |
| 16:30 - 17:30 <b>A</b><br>Dance Force<br>Nimi               | 16:30 - 17:30 <b>E</b><br>Yoga<br>Eva                 |                                                 | 16:30 - 17:25 <b>A</b><br>Cycling<br>Carmen      | 16:30 - 17:30 <b>E</b><br>Yoga<br>Eva                  |                                                       |
| <b>NEU</b> 17:45 - 18:30 <b>A</b><br>Step<br>Julia          | 17:30 - 18:30 <b>E</b><br>Rücken Fit<br>Nimi          | 17:30 - 18:30 <b>A</b><br>Cycling<br>Valentina  | 17:30 - 18:30 <b>A</b><br>Body intensiv<br>Nina  | 17:30 - 18:30 <b>A</b><br>HIT<br>Nimi                  | 10:30 - 11:25 <b>A</b><br>Cycling<br>Carmen/Valentina |
| <b>NEU</b> 18:30 - 19:30 <b>A</b><br>Body Complete<br>Julia | 18:30 - 19:30 <b>A</b><br>Zumba<br>Elvira             | 18:30 - 19:30 <b>A</b><br>Muscle Power<br>Saki  | 18:30 - 19:30 <b>A</b><br>Rücken+Stretch<br>Nina | 18:30 - 19:30 <b>A</b><br>Pilates<br>Nimi              | 11:30 - 12:30 <b>A</b><br>Intervall<br>Samira         |
| <b>NEU</b> 19:30 - 20:00 <b>A</b><br>Mobility<br>Julia      | 19:30 - 20:30 <b>F</b><br>Intervall<br>Valentina      | 19:30 - 20:30 <b>A</b><br>Dance Force<br>Nimi   | 19:30 - 20:30 <b>A</b><br>Zumba<br>Elvira        |                                                        |                                                       |

## ÖFFNUNGSZEITEN

Mo, Mi, Fr: 08:30 - 22:00 Uhr  
Di, Do: 07:00 - 22:00 Uhr  
Sa, So, Feiertage: 09:00 - 20:00 Uhr

## LEVEL

**E** Für Einsteiger  
**F** Für Fortgeschrittene  
**A** Für Alle

An Feiertagen Kurse nach Aushang