

Kursplan ab Januar 2021

| UHRZEIT | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---------|--|--|---|--------------------------------|---------------------------------|-----------------------------|---------------------------------|
| 09:00 | | | 60+ 09.00 - 10.00 | | | | |
| 10:00 | Pilates 10.00 - 11.00 | Func. Body Styling 08.30 - 9.15 | | Rückenfit 10.00 - 11:00 | Mama Kind Fit 10.00 - 11.00 | | Indoor Cycling 10.00 - 11.00 |
| 11:00 | | | | | | | |
| 12:00 | | | | | | Karate PFS 12.00 - 15:45 | |
| 13:00 | | | | | | | |
| 14:00 | | | | | | | |
| 15:00 | Danceclub Beginners (6-7J.) 15.30 - 16.15 | | Danceclub Medium (9-11J.) 16.45 - 17.30 | Karate Kinder 15.30 - 18:15 | | | |
| 16:00 | Danceclub Mini Kids Club (4-5J.) 16.15 - 17.00 | Danceclub Medium (8-9J.) 16.00 - 16.45 | | | | | |
| 17:00 | Danceclub Beginner /Medium (ab 14J.) 17.00 - 18.00 | Danceclub Medium (12-13J.) 16.55 - 17.55 | | | Bungee Fitness 17.30 - 18.30 | | |
| 18:00 | | | Power Yoga 18.00 - 19.00 | | | | |
| | | | | Pump & Step 18.30 - 19.30 | | | |
| 19:00 | Indoor Cycling 19.30 - 20.30 | Sling Basic 19.00 - 20.00 | I.C. Indoor Cycling 19.00 - 20.00 | | | | |
| | | Indoor Cycling 19.00 - 20.00 | | | | | |
| 20:00 | | Karate PFS 20.00 - 21:45 | Karate PFS 20.00 - 21:45 | Karate PFS 20.30 - 21:45 | Karate PFS 20.30 - 21:45 | | |