

Groupfitness Kursangebot



WINTERSAISON AB **Okt.** / **Nov.** 2025

Montag

12:10 - 13:05	Bodypump®	Sandra
17:55 - 18:50	Bodypump®	Georg
19:00 - 19:55	Tae Bo	Musa

Dienstag

06:30 - 07:25	Indoor Cycling	Nathalie Neu ab 4.11.25
08:30 - 09:25	Yoga	Chantal
18:00 - 18:55	Power Yoga	Rinzin
19:00 - 19:55	M.A.X.® / LM Core®	Rinzin
20:00 - 20:55	Zumba®	Jaqueline

Mittwoch

08:45 - 09:40	Bauch, Beine, Po / Pilates	Sandra / Rinzin
09:45 - 10:40	bellicon® Health	Chantal
12:15 - 13:00	Indoor Cycling	Thomas Neu ab 5.11.25
17:50 - 18:45	Indoor Cycling	Lars Neu ab 5.11.25
19:00 - 19:55	Bodypump®	Deborah
20:00 - 20:55	Dancecess	Deborah Neu ab 1.10.25

Donnerstag

08:30 - 09:25	Body Toning Light	Sandra
09:35 - 10:30	Bodypump®	Sandra
18:30 - 19:25	DeepWork®	Rinzin
19:30 - 20:25	Tae Bo	Musa Neu ab 2.10.25

Freitag

06:30 - 07:25	Indoor Cycling	Nathalie
08:00 - 08:55	Stretch & Faszien	Chantal
09:00 - 09:55	Zumba®	Jaqueline

Samstag

10:00 - 10:55	M.A.X.® / LM Core®	Deborah
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Sonntag

10:00 - 10:55	Bodypump®	Team
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