Group & Cycling Plan

Herbst - Winter 2026 / 2027

MONTAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.15 - 07.10	Cycling 55'	Piero	all	3
	08.55 - 09.55	deep Work - Body Toning		all	1
		im Wechsel	Edith		
	10.00 - 10.55	Pilates	Sandra R.	all	1
	18.00 - 18.55	Power Work	Odette	all	1
	18.30 - 19.45	Cycling 75'	Alice	medium	3
	19.00 - 19.55	Zumba	Marino/Maria	all	1
	20.00 - 20.55	Power Yoga	Milena	all	1

DIENSTAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.30 - 07.15	Functional Training	Patrik	all	2
	08.30 - 09.25	Rücken Gym	Dominique	all	1
	08.45 - 09.55	Cycling 75'	Alice	medium	3
	09.00 - 09.55	Functional Training	Corina	all	2
	10.00 - 10.55	Power Yoga	Corina	all	1
	12.15 - 13.00	M.A.X. - Core **45'**	Team	medium	1
	18.00 - 18.55	Pilates	Odette	all	1
	18.30 - 19.25	Cycling 55'	Marino	all	3
	19.00 - 19.55	Power Work	Sandra C.	all	2
	19.00 - 19.55	TaeBo	Oli	all	1

MITTWOCH	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.15 - 07.10	Cycling 55'	Piero	all	3
	08.30 - 09.25	Functional Training	Alice	all	2
	09.30 - 10.25	Faszien Stretching	Alice	all	1
	18.00 - 18.55	Body Toning	Edith	all	1
	18.30 - 19.25	Cycling 55'	Maya / Pascal	all	3
	19.00 - 19.55	Zumba	Maria	all	1

DONNERSTAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.30 - 07.15	Functional Training	Patrik	all	2
	09.00 - 09.55	Cycling 55'	Alice	all	3
	09.00 - 09.55	M.A.X. & Core	Corina	all	2
	09.00 - 09.55	Rumpf & Balance	Piero	all	1
	10.00 - 10.55	Faszien Stretching	Corina	all	1
	18.00 - 18.55	Power Work	Odette	all	1
	18.00 - 18.25	aeroSling 25'	Sandra C.	medium	2
	18.30 - 19.45	Cycling 75'	Thomas	medium	3
	18.30 - 19.25	M.A.X. & Core	Alice	medium	2
	19.00 - 19.55	Pilates	Chiara	all	1
	19.30 - 20.25	Faszien Stretching	Alice	all	2

FREITAG	ZEIT	KURS	INSTRUKTOR/IN	LEVEL	RAUM
	06.15 - 07.10	Cycling 55'	Giussi	all	3
	08.30 - 09.25	Body Art	Stephie	all	1
	09.30 - 10.25	Pilates 55'	Stephie	all	1
	12.15 - 13.00	Cycling 45'	Piero	all	3
	18.30 - 19.25	Zumba	Marino	all	1
		1 x pro Monat, s. Aushang			
	18.30 - 19.25	Cycling 55'	Alice	all	3
		1 x pro Monat, s. Aushang			