

AKTUELLER KURSPLAN

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|-------------------------------|---------------------------------|-------------------------------|---------------------------------|---------------------------------|-----------------------|---------------------------------|
| 9:00 - 10:00 BODYPUMP | 08:30-09:15 REHA-SPORT | 08:10-08:55 REHA-SPORT | 09:00 - 09:45 REHA - SPORT | 08:45 - 09:15 TONE | | |
| 10:15 - 11:15 BODYBALANCE | 09:30-10:15 REHA-SPORT | 09:00-09:45 TONE | 10:00 - 11:00 RÜCKEN-FITNESS | 9:30 - 10:30 BODYPUMP | 10:30 - 11:15 TONE | 10:30 - 11:30 INDOOR-CYCLING |
| | 10:30-11:15 INDOOR-CYCLING | 10:00 - 11:00 FIT & GESUND | 16:00 - 16:45 REHA - SPORT | 10:45 - 11:30 REHA - SPORT | | |
| 18:00-19:00 BODYPUMP | 16:30 - 17:15 REHA-SPORT | 17:30 - 18:00 BAUCHWORKOUT | 17:00 - 17:45 REHA - SPORT | 17:45 - 18:45 FREESTYLE-STEP | | |
| 19:15-20:00 LESMILLS DANCE | 17:30 - 18:15 TONE | 18:00 - 19:00 STEP-WORKOUT | 17:45 - 18:45 RÜCKEN-FITNESS | 18:50 - 19:50 BODYPUMP | | |
| | 18:25 - 19:25 BODYBALANCE | | 18:45 - 19:45 BODYCOMBAT | | | |
| | 19:30 - 20:30 INDOOR-CYCLING | | 19:50 - 20:50 INDOOR-CYCLING | | | |

Öffnungszeiten Studio

Mo-Fr. 08:00 - 22:00

Samstag 10:00 - 17:00

Sonntag 10:00 - 16:00

Öffnungszeiten Sauna

Mo-Di-Mi 15:00 - 21:00

Do-Fr 17:00 - 21:30

Sa 11:00 - 16:30

So 11:00 - 15:30

Mittwoch ist Frauensauna!