

DEIN KURSPLAN

MONTAG

	TRAINER	STUDIO
06:55 Good Morning Yoga 60'	Kristina W.	②
07:00 Spinning® (Interval) 60'	Paul	④
07:00 Athletic Workout (Advanced) 60'	Anna-Lena V.	⑤
07:50 Complete Body Workout 60'	Heidi H.	③
08:00 Kundalini Yoga 60'	Kim P.	②
08:10 BODYPUMP® 60'	Paul	①
08:55 Bauch, Beine, Rücken, Po 45'	Heidi H.	③
09:15 Power Yoga 75'	Matthias Ga.	②
09:15 Air Yoga Flow (Mittelstufe) 90'	Steffi F.	①
09:45 Pilates 60'	Danny A.	③
09:45 Mother, Father & Child Core Strength III 60'	Bettina S.	⑥
10:30 Rückbildungsyoga / M&C I 60'	Julia M.	⑦
10:35 Pranayama & Meditation 45'	Matthias Ga.	②
10:45 Complete Body Workout 60'	Rebecca B.	⑤
10:50 Flow Yoga Beginner 60'	Danny A.	③
11:00 Mother & Child II (Yogalates) 60'	Bettina S.	⑥
11:40 Yin Yoga 75'	Julia M.	①
11:50 HIIT Workout 30'	Rebecca B.	⑤
12:30 Rückentraining 60'	Petra O.	②



13:30 Stretch & Relax 60'	Petra O.	②
15:00 Kinderballett (3-5 J.) 45'	Noaja	⑦
16:00 Kinderballett (5-7 J.) 50'	Noaja	⑦
16:15 Yoga Basic 60'	Hans F.	②
16:30 Complete Body Workout 45'	Nina K.	③
16:50 BODYPUMP® 60'	Steffi D.	①
16:55 Workout für werdende Mütter 60'	Franziska B.	⑦
17:00 Bauch, Beine, Rücken, Po 45'	Nadja A.	⑥
17:15 HOT IRON® CROSS / HOT IRON® 2 60'	Matthias S.	⑤
17:20 Intensive Yoga 75'	Hans F.	②
17:20 Flow Yoga 75'	Nina K.	③
17:30 Spinning® (Interval Disco) 45'	Kristina W.	④
17:50 deepWORK® 60'	Nadja A.	⑥
18:00 Bauch Power 30'	Shari S.	⑦
18:00 Kickbox Workout 60'	Richi J.	①
18:20 Complete Body Workout 45'	Kristina W.	⑤
18:30 Spinning® (Interval) 45'	Matthias S.	④
18:40 Rückentraining 60'	Petra O.	②
18:40 Complete Body Workout 60'	Shari S.	③
19:00 Step Basic 60'	Andrea P.	⑥
19:05 Flow Yoga 75'	Jana A.	①
19:10 Athletic Workout (Advanced) 45'	Yvonne	⑤
19:20 Spinning® (Strength / Endurance) 60'	Matthias S.	④
19:35 ZUMBA® 60'	Zizo	⑦
19:45 Rückentraining & Stretch 60'	Petra O.	②
19:50 Yin Yoga 75'	Jessica Z.	③
20:00 Zirkeltraining 60'	Yvonne	⑤
20:05 Balatino-free your hips 75'	Alexander	⑥
20:25 Flow Yoga „Yang to Yin“ (English) 75'	Yumi	①

DIENTAG

07:00 Spinning® (Interval Disco) 45'	Heidi H.	④
07:00 Athletic Workout (Advanced) 60'	Justyna K.	⑤
07:00 HYROX Team HIIT (kostenpflichtig) 75'	Sarah R.	HYROX-Court
07:15 Good Morning Yoga 75'	Oliver	①
08:00 Kundalini Yoga 60'	Kim P.	②



08:00 Complete Body Workout 60'	Franziska B.	③
08:30 Dance (all Styles) 60'	Ruth	⑦
09:05 Bauch, Beine, Rücken, Po 45'	Franziska B.	③
09:30 Mother & Child II (Stability) 60'	Bettina S.	⑥
09:30 Yoga Basic 75'	Katrin B.	②
10:30 NIA 75'	Ann	①
10:30 Yoga für werdende Mütter 60'	Jana M.	③
10:45 Rückbildungsgym. / M&C I 60'	Bettina S.	⑥
11:00 Power Yoga 75'	Mathias Gil.	②
11:00 Spinning (low) 60'	Katrin B.	②
12:20 Pilates 60'	Mathias Gil.	②
15:55 Air Yoga (Beginner) 90'	Steffi F.	①
16:00 Yin Yoga 75'	Matthias Ga.	②
16:00 Complete Body Workout 60'	Adam W.	⑥
16:00 Yoga Kids (5-9 J.) 60'	Ruth	⑦
16:30 Athletic Workout (Advanced) 60'	Danny A.	⑤
16:45 Spinning (Interval) 60'	Stefan B.	④
17:05 HOT IRON® 2 / HOT IRON CROSS® 60'	Matthias S.	③
17:05 Rückentraining 60'	Adam W.	⑥
17:20 Power Yoga 75'	Matthias Ga.	②
17:30 Tae Bo® (Beginner & Advanced) 60'	Richi J.	①
17:35 Athletic Workout (Advanced) 60'	Danny A.	⑤
17:50 Spinning® (Endurance) 60'	Stefan B.	④
18:10 Barre 60'	Kathrin P.	⑥
18:15 Outdoor Fusion (Laufen + Workout) 75'	Matthias S.	③
18:30 Complete Body Workout 45'	Stephan G.	③
18:35 Box Workout 60'	Richi J.	①
18:40 Pilates 60'	Mimozo M.	②
19:15 Spinning® (Interval) 45'	Kathrin P.	⑥
19:20 twerxOut® 60'	Linda	③
19:20 Complete Body Workout 60'	Marco S.	⑤
19:20 Bauch, Beine, Rücken, Po 45'	Stephan G.	⑥
19:40 BODYPUMP® 60'	Steffi D.	①
19:45 Yin Yoga 75'	Karo W.	②
20:10 ZUMBA® 60'	Ashley	⑤
20:25 Flow Yoga 75'	Anna B.	③
20:25 Tae Bo® (Beginner & Advanced) 60'	Marco S.	⑤
21:00 Poledance 75'	Anja S.	①

MITTWOCH

07:00 Good Morning Yoga 75'	Kathrin P.	②
07:00 Spinning® (Interval Disco) 60'	Paul	④
08:00 Zirkeltraining 60'	Charly D.	⑤
08:30 BODYPUMP® 60'	Ron I.	①
08:30 Yoga Basic 75'	Ruth	⑦
09:00 Complete Body Workout 60'	Hülja S.	③
09:30 Mother, Father & Child III 60' (Workout)	Janina Sch.	⑥
09:50 Pilates 60'	Ruth	①
10:00 Yoga für werdende Mütter 60'	Bettina S.	②
10:00 Best Ager Yoga 75'	Martin	⑦
10:05 Bauch, Beine, Rücken, Po 45'	Hülja S.	③
10:30 Outdoor Walking 60'	Anna	③
10:45 Mother & Child II (Stability) 60'	Janina Sch.	⑥
11:00 Flow Yoga 60'	Rania V.	①
11:15 Rückbildungsyoga/ M&C I 60'	Bettina S.	②
11:30 Spinning® (Interval) 45'	Bella L.	④
11:45 Rückentraining 60'	Anna S.	③
12:20 HIIT Workout 30'	Bella L.	①
12:50 Yogalates 60'	Anna S.	③
15:15 Complete Body Workout 45'	Nicole H.	③
16:00 Rückentraining 60'	Petra O.	②
16:00 Mother & Child Stability I / II mit Pilates Elementen 60'	Julia M.	⑥
16:05 Flow Yoga 60'	Nicole H.	③
16:35 Bauch Power 30'	Bella M.	⑦
16:40 HIIT Workout 45'	Heidi H.	③
17:00 NIA 60'	Ann	①
17:05 Bauch, Beine, Rücken, Po 45'	Margit J.	②
17:10 deepWORK® 60'	Bella M.	③
17:15 Rückentraining für werdende Mütter 60'	Bettina S.	⑦
17:30 Spinning® (Interval Disco) 45'	Heidi H.	④
17:30 Athletic Workout (Advanced) 60'	Justyna K.	⑤
17:30 Outdoor Rückentraining 60' (eigene Matte)	Petra O.	③
17:40 Yoga für den Rücken 60'	Thomas K.	⑥
17:55 Rückentraining 45'	Margit J.	②
18:00 Aqua Kick Box 45'	Maya S.	≈
18:05 Step Advanced 45'	Eva L.	①
18:15 Dance Show und Musical Jazz 60'	Peter P.	③
18:20 Yoga für werdende Mütter 60'	Bettina S.	⑦
18:20 Spinning® (Strength) 60'	Matthias S.	④
18:35 Complete Body Workout 60'	Justyna K.	⑤
18:45 Yin Yoga 75'	Karo W.	②
18:45 Yoga (Stabilisierung & Ausrichtung) 60'	Thomas K.	⑥
18:55 Kickbox Workout 60'	Hakan S.	①
19:00 Laufen (Beginner & Re-Beginner) 45'	Eva L.	③
19:00 Aqua Fit 45'	Maya S.	≈
19:20 Power Yoga 75'	Jule	⑤
19:30 Spinning® (Interval) 60'	Sabrina N.	④
19:30 HYROX Athletic (kostenpflichtig) 90'	Matthias S. HYROX-Court	
19:50 Männeryoga 60'	Thomas K.	⑥
19:55 Split Workout Unterkörper 30'	Christelle G.	①
20:00 Ballett Workout 90'	Christelle G.	①
20:05 Flow Yoga 75'	Karo W.	②
20:25 Split Workout Oberkörper 30'	Eva L.	③
20:40 Meditation 30'	Jule	⑤
21:15 Kundalini Yoga 60'	Kim P.	③

DONNERSTAG

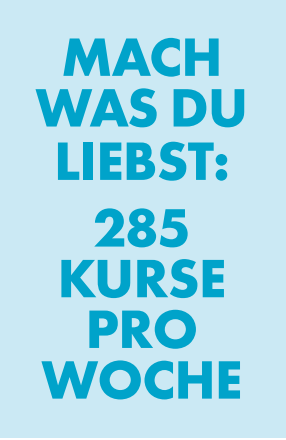
06:45 Kundalini Yoga „Morning glow“ 60'	Rania V.	①
07:00 HOT IRON® 1 / HOT IRON® 2 60'	Kristina W.	③
07:00 Spinning® (Interval) 60'	Kathrin P.	④
07:45 Good Morning Yoga 75'	Karo W.	②
08:00 Workout für werdende Mütter 60'	Franziska B.	⑦
08:10 Barre 60'	Kathrin P.	⑥
09:10 Bauch, Beine, Rücken, Po 45'	Franziska B.	③
09:15 Pilates 60'	Heidi H.	①
09:30 Pilates nach Rückbildung 60' (Anmeldung bei Viola)	Viola	⑥
09:30 Mother & Child II (Stability) 60'	Janina Sch.	⑦
10:00 Yoga Basic 75'	Nora E.	③
10:20 Complete Body Workout 60'	Heidi H.	①
10:45 Rückbildungsyoga/ M&C I 60'	Janina Sch.	⑦
11:20 Rückentraining 60'	Nora E.	③
11:30 Air Yoga Flow (Beginner & Advanced) 90'	Uta D.	④
12:35 Spinning® (low) 45'	Nora E.	④



16:00 Zirkeltraining 60'	Tim C.	⑤
16:20 Yoga Basic 60'	Tim S.	①
17:00 Yoga für werdende Mütter 60'	Anje K.	⑥
17:00 Breakdance & Hip-Hop (9-12 J.) 60'	Jamel O.	⑦
17:05 Spinning® (Interval) 60'	Tim C.	⑤
17:05 Athletic Workout (Advanced) 45'	Danny A.	⑤
17:10 Bauch Beine Rücken Po 45'	Marc N.	③
17:15 Flow Yoga 75'	Gabi P.	②
17:30 HYROX Athletic (kostenpflichtig) 90'	Fabian HYROX-Court	
17:55 Athletic Workout (Advanced) 60'	Danny A.	⑤
18:00 Complete Body Workout 60'	Marc N.	③
18:05 Step Advanced 60'	Witti P.	⑤
18:10 Spinning® (Interval) 60'	Carola M.	④
18:10 Step Basic 60'	Manuela S.	⑦
18:15 Box Workout 60'	Shahram S.	①
18:35 Pilates 60'	Santiago F.	②
19:00 Athletic Workout (Advanced) 60'	Rebecca B.	⑤
19:10 Dance - Mixed Style 75'	Danny A.	⑤
19:15 Spinning® (Endurance) 60'	Carola M.	④
19:15 Bauch, Beine, Rücken, Po 45'	Manuela S.	⑦
19:15 Qi Gong 75'	Caroline Da.	⑦
19:20 BODYPUMP® 60'	Steffi D.	①
19:40 Intensive Yoga 75'	Santiago F.	②
20:05 Complete Body Workout 60'	Rebecca B.	⑤
20:05 NIA 60'	Janina St.	⑥
20:30 Poledance 75'	Nina S.	①

FREITAG

07:00 Good Morning Yoga (English) 75'	Yumi	②
07:00 Spinning® (Interval Disco) 45'	Mike/Eileen	④
07:00 HYROX Team HIIT (kostenpflichtig) 75'	Fabian B. & Sarah	HYROX-Court
07:50 Complete Body Workout 45'	Mike/Eileen	①
08:30 Workout für werdende Mütter 60'	Franziska B.	③
09:00 Yogalates 60'	Karo W.	②
09:10 NIA 60'	Ann	①
10:00 Mother, Father & Child III 60' (Workout)	Katharina M.	⑥
10:00 Complete Body Workout 45'	Margit J.	③
10:15 Flow Yoga 75'	Karo W.	②
10:30 Pilates 60'	Mai P.	①
10:30 Spinning® (low) 60'	Matthias S.	④
10:50 Bauch, Beine, Rücken, Po 45'	Margit J.	③
11:15 Mother & Child II (Stability) 60'	Katharina M.	⑥
11:35 Yin Yoga 75'	Mai P.	②
11:45 Mobility 45'	Matthias S.	①
12:00 ZUMBA® 60'	Zizo	③
12:30 Rückentraining 45'	Matthias S.	①
13:15 Yoga Yang & Yin 60' für werdende Mütter	Julia M.	②
14:55 Complete Body Workout 45'	Heidi H.	③
15:30 Air Yoga (für Alle) 90'	Jens B.	①
15:40 Pilates 60'	Heidi H.	②
15:45 Power Toning (Langhanteltraining) 60'	Coco/Mette	⑥
16:50 deepWORK® 60'	Coco/Mette	③
17:00 ZUMBA® 60'	Bella M.	⑥
17:05 Rückentraining 45'	Steff M.	②
17:05 BODYPUMP® 60'	Ron I.	①
17:30 Spinning® (Interval) 60'	Norbert	④
17:30 Laufkurs (Mittelstufe) 60'	Nina W.	③
17:30 Pilates 60'	Hanna	⑦
17:55 Bauch, Beine, Rücken, Po 60'	Steff M.	②
18:00 Intensive Yoga 90'	Martin K.	②
18:10 Kickbox Workout 75'	Marco S.	①
18:30 SOUND BATH 45'	Bella M.	⑥
18:35 Mobility 45'	Hanna	⑦
19:30 Complete Body Workout 45'	Marco S.	①
19:45 Feldenkrais 60'	Kathryn H.	⑥



SAMSTAG

08:15 Good Morning Yoga 75'	Oliver	②
08:15 Complete Body Workout 60'	Aziza S.	③
08:30 Spinning® (Endurance) 60'	Paul	④



08:45 ZUMBA® 60'	Rico	⑥
09:20 Athletic Workout (Advanced) 60'	Aziza S.	③
09:35 Flow Yoga 75'	Oliver	②
09:45 BODYPUMP® 60'	Paul	①
09:50 Balatino® fitness 45'	Alexander	⑥



09:50 HYROX Intro & Trial / HYROX SPECIAL (kostenpflichtig) 90'	Matthias S. HYROX-Court	
10:25 Tae Bo® Technik 60' (Beginner & Advanced)	Richi J.	③
10:40 Balatino-free your hips 75'	Alexander	⑥
10:45 Spinning® (Interval) 60'	Hülja S.	④
10:55 Air Yoga (Advanced) 90'	Steffi F.	①
10:55 Rückentraining 60'	Marco N.	②
11:00 Box Workout 75'	Shahram S.	⑤
11:30 Tae Bo® (Beginner & Advanced) 60'	Marco S.	③
12:00 Pilates 75'	Marco N.	②
12:00 TwerxOut® 75'	Linda	⑥
12:35 HOT IRON® 1 / HOT IRON® 2 60'	Svetlana	③
12:45 Workout für Golfer 60'	Team	①
12:45 Spinning® (Interval) 60'	Kathrin P.	④
13:20 Complete Body Workout 60'	Mike	⑥
14:00 DeepWORK® 60'	Kathrin P.	③
14:05 Rückentraining 45'	Manuela S.	①
14:55 Pilates 60'	Manuela S.	①
15:05 Pranayama & Meditation 30'	Inke	②
15:05 Complete Body Workout 60'	Süley S.	③
15:40 Yoga für werdende Mütter 60'	Inke	②
16:10 ZUMBA® 60'	Süley S.	③
16:15 NIA 60'	Ann	①
16:45 Intensive Yoga 90'	Martin K.	②
17:20 Hula Hoop 60'	Akku	①
18:15 Yoga Nidra 60'	Raja F.	⑥
19:15 Gong Meditation 75'	Jens Z.	①

SONNTAG

08:15 Good Morning Yoga 75'	Kathrin P.	②
08:15 Complete Body Workout 60'	Philippe	③
09:20 deepWORK® 60'	Philippe	③
09:30 NIA 75'	Ann	①
09:35 Yogalates 70'	Kathrin P.	②
09:45 Spinning® (Interval) 60'	Björn/Hendrik P.	④
10:30 Bauch, Beine, Rücken, Po 45'	Anna-Lena V.	③
10:50 ZUMBA® 60'	Rachel L.	①
10:50 Pilates 60'	Susann	②
11:20 Complete Body Workout 60'	Anna-Lena V.	③
11:55 Step Mittelstufe 60'	Manuela S.	①
11:55 Rückentraining 60'	Susann	②
13:00 Complete Body Workout 45'	Manuela S.	①
13:40 Bauch, Beine, Rücken, Po 45'	Süley S.	③
13:45 Yoga Basic 75'	Thomas K.	②
13:50 BODYPUMP® Technik 30'	Steffi D.	①
14:25 BODYPUMP® 60'	Steffi D.	①
14:30 Complete Body Workout 60'	Süley S.	③
15:05 Intensive Yoga 75'	Thomas K.	②
15:35 Urban Hip Hop 75'	Nana	①
16:25 Pilates 60'	Marco N.	②
16:25 Flow Yoga 75'	Mai P.	⑥
16:30 Bauch Power 30'	Marco S.	③
17:00 Spinning® (Interval) 60'	Matthias S.	④
17:05 Salsa Dance Movez 60'	Marco S.	③
17:25 Complete Body Workout 60'	Sandra J.	①
17:30 Rückentraining 60'	Marco N.	②
17:45 Yin Yoga 75'	Mai P.	⑥
18:10 HOT IRON® 1 / HOT IRON® CROSS 60'	Matthias S.	⑤
18:30 Poledance (Beginner) 75'	Isabel S.	①
18:30 Tae Bo (Beginner & Advanced) 60'	Sandra J.	②
19:15 Kundalini Yoga 75'	Kim P.	③
19:50 Poledance (Advanced) 75'	Isabel S.	①

