

Öffnungszeiten

Montag - Freitag 06.00 - 23.00 Uhr
 Samstag 06.00 - 21.00 Uhr
 Sonn- und Feiertage 08.00 - 21.00 Uhr

Kinderbetreuung MiniMax



Montag, Mittwoch und Freitag 08.30 - 12.00 Uhr
 Sonn- und Feiertage 09.00 - 13.00 Uhr

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | |
|-------------------|--|--|---|---|--|---|---|---|
| KURSRAUM 1 | 08:30 - 09:30 Pilates Sabine 09:45 - 10:45 Rücken Sabine 16:45 - 17:45 Body Pump Eva 18:00 - 19:00 Step Anita 19:15 - 20:15 Rücken Nicole 20:30 - 21:30 Body Pump David | 09:00 - 10:00 Faszien in Bewegung Doris 10:15 - 11:15 BBP Traudy 16:15 - 17:15 Body Pump Kathrin K. 17:30 - 18:30 Jumping Fitness Sabine 18:45 - 19:45 Body Combat Dani 20:00 - 21:00 Body Pump Gitty | 09:00 - 10:00 Rücken Nicole 10:15 - 11:15 Body Pump Kathrin K. 17:30 - 18:15 Fatburner/ Aerobic Traudy 18:30 - 19:30 Body Combat Babsi 19:45 - 20:45 Zumba Fitness Daniela | 08:30 - 09:30 Zumba Fitness Bettina 10:00 - 11:00 Rücken Traudy 16:45 - 17:45 Body Pump Marie 18:00 - 19:00 Jumping Fitness Sylvia 19:15 - 20:15 BBP Kathrin B. | 06:30 - 07:30 Body Pump Gaby 08:30 - 09:30 Body Combat Ilona 10:00 - 11:00 Zumba Fitness Monica 17:15 - 18:00 Bauch plus Anita 18:15 - 19:15 Toning Workout Anita 20:00 - 21:00 Body Pump Tom | 09:30 - 10:30 BBP Sabine 10:45 - 11:30 HIIT Workout Sabine 15:30 - 16:30 Body Pump Sylvia NEU Ab 04.04.26 16:45 - 17:30 Core Workout Sylvia | 9:00 - 10:00 Zumba Fitness Bettina 10:15 - 11:15 Toning Workout Bettina 11:30 - 12:15 XCO Trainer im Wechsel 17:00 - 18:00 Body Pump Dieter 18:15 - 19:15 BBP Dieter | |
| | KURSRAUM 2 | 08:30 - 09:30 Rücken Traudy 09:45 - 10:45 Toning Workout Carmen 18:45 - 19:45 Zumba Fitness Debbie 20:00 - 21:00 deepWORK meets bodyART Gaby | 09:00 - 10:00 TRX Claudia B. 10:15 - 11:15 Rücken Andrea 17:30 - 18:30 Pilates/Coretraining Sabrina | 08:00 - 09:00 TRX Mobility Petra/Rosa 9:00 - 10:00 deepWORK Carmen 10:15 - 11:15 bodyART Carmen NEU 18:30 - 19:30 Body Pump Heavy David 19:45 - 20:45 TRX Barbara | 10:00 - 11:00 BBP Andrea 16:00 - 16:45 Dance Kids (4-7 Jahre) Melissa 17:00 - 17:45 Dance Kids (8-14 Jahre) Melissa 18:00 - 19:00 Pilates/Faszien Doris 19:15 - 20:15 Rücken/Faszienfit Doris | 09:45 - 10:45 Rücken Sabine 15:00 - 16:00 Kids Boxing (9-13 Jahre) Sophia | 13:00 - 14:30 Krav Maga Markus NEU 17:00 - 18:00 Pilates / Coretraining Sabrina | |
| | | KURSRAUM 3 | 06:30 - 07:30 Morning Cycling Dany 09:00 - 10:00 All Terrain Lucy 17:00 - 18:00 Intervall Jutta 18:15 - 19:15 Ausdauer Rosa 19:15 - 20:15 Einsteiger Rosa | 17:20 - 17:50 HIIT Cycling Kathrin 18:00 - 19:00 Einsteiger Ralf 19:00 - 20:00 Intervall Ralf | 06:30 - 07:30 Morning Cycling Sabrina 09:00 - 10:00 Einsteiger Kathrin 18:00 - 19:00 Mixed Class Claudia 19:15 - 20:30 GLA/Mountain Jürgen | 10:00 - 11:00 Ausdauer Sabine 18:00 - 19:00 Intervall Manuela | 06:30 - 07:30 Morning Cycling Caro 09:00 - 10:00 All Terrain Moni 10:15 - 11:15 Einsteiger Moni 16:45 - 17:45 Intervall Carolin 18:00 - 19:00 Einsteiger Jürgen 19:15 - 20:15 Fun Cycling Jürgen | 09:30 - 10:30 Mountain Rosa 10:45 - 11:45 Einsteiger Rosa 17:00 - 18:00 Mixed Class Caro |
| Yogaraum | | | 18:30 - 19:30 Yin Yoga Eva 20:00 - 21:00 Yoga intensiv Xavy | 09:00 - 10:00 Yin Yoga meets Morning Flow Eva 16:15 - 17:00 Kinder Yoga (6-10 Jahre) Sabine 17:30 - 18:30 Yoga Stretch Eva 18:45 - 19:45 Yoga sensitiv Sabine | 06:30 - 07:30 Yoga sensitiv Oliver 18:30 - 19:30 Yoga sensitiv Sandra H. | 08:45 - 09:45 Yoga Flow & Strength Sabine 17:30 - 18:30 Yoga Flow Eva | 08:30 - 09:30 Yoga meditativ Sabine 14:00 - 15:00 Rücken/Stretch Eva 18:00 - 19:00 Yoga Flow & Strength Lubica | 17:00 - 18:00 Yoga sensitiv Oliver |
| | Functional | | 09:30 - 10:15 BodyCross Friedrich 17:15 - 18:00 BodyCross Ina/Alex 18:30 - 19:15 BodyCross Jutta | 17:30 - 18:15 BodyCross Lucy 18:30 - 19:15 BodyCross Lucy 19:30 - 20:30 Kettlebell Florian | 16:30 - 17:30 Kidsletics (9-12 Jahre) Lucy 18:00 - 18:45 BodyCross Markus | 09:30 - 10:15 BodyCross Aylin 18:00 - 19:00 Functional Training Outdoor oder Indoor — siehe App — Mando 19:00 - 20:00 Calisthenics Outdoor oder Indoor — siehe App — Mando | 16:00 - 16:45 BodyCross Ina/Alex 17:00 - 17:45 BodyCross Ina/Alex | 10:00 - 10:45 BodyCross Lucy 11:00 - 11:45 Youngletics (13-17 Jahre) Lucy |
| | | Outdoor | | | 18:30 Nordic Walking am Seehaus/Baggersee Nicole | | | |