

# Sportprogramm 2024

| Montag                          | Dienstag                        | Mittwoch                        | Donnerstag                             | Freitag                         | Samstag                                | Sonntag                                |
|---------------------------------|---------------------------------|---------------------------------|--|---------------------------------|--|--|
| 09.30 – 10.30<br>Bodyforming    | 09.00 – 10.00<br>Fitness        | 09.00 – 10.00<br>Pilates        | 09.00 – 10.00<br>Rücken Fit            | 09.30 – 10.30<br>Bodyforming    | 09.45 – 11.00<br>Yinyoga meets Pilates | 09.45 – 11.00<br>Yinyoga meets Pilates |
| 10.45 – 11.45<br>Rücken Fit     | 10.00 – 11.00<br>Rücken Fit     | 09.30 – 10.30<br>Outdoorcycling | 09.00 – 10.00<br>Pilates               | 10.00 – 11.30<br>Yoga           |  | 10.30 – 11.30<br>Step                  |
|                                 |                                 | 10.00 – 11.00<br>Bodyforming    | 10.00 – 11.00<br>Bodyforming           |                                 | 11.00 – 12.00<br>Intervall             | 11.30 – 12.30<br>Bodyforming           |
|                                 |                                 | 11.00 – 12.00<br>Rücken Fit     |  |                                 | 12.15 – 13.15<br>Pump & Lift           |  |
|                                 |                                 |                                 |  |                                 |  |  |
| 18.15 – 19.15<br>Rücken Fit     | 18.00 – 19.00<br>Bodyforming    |                                 | 18.00 – 19.00<br>Yinyoga meets Pilates | 18.00 – 19.30<br>Outdoorcycling |  |  |
|                                 | 18.15 – 19.15<br>Studio-Zirkel  | 18.30 – 19.30<br>Lift it        | 18.00 – 19.00<br>Jumping               | 18.15 – 19.15<br>Studio-Zirkel  |  |  |
| 18.30 – 19.30<br>Outdoorcycling | 18.30 – 19.30<br>Outdoorcycling | 18.30 – 19.30<br>Latino Dance   |  |                                 |  |  |
| 18.30 – 19.30<br>Bodyforming    |                                 |                                 |  |                                 |  |  |
|                                 | 19.00 – 20.00<br>Pilates        | 19.00 – 20.00<br>Outdoorcycling | 19.00 – 20.00<br>Bodyforming           |                                 |  |  |
|                                 |                                 | 19.30 – 20.30<br>Step           |  |                                 |  |  |
| 19.35 – 20.35<br>Outdoorcycling | 19.00 – 20.00<br>Rücken Fit     |                                 |  |                                 |  |  |
|                                 |                                 | 20.00 – 21.15<br>Yoga           |  |                                 |  |  |



Pestalozzistraße 3a | Tel. 02131 51267-30

**WICHTIG: Reine Kursdauer 55 Minuten!** Teilnahme nur mit vorheriger Anmeldung über unser Buchungsprogramm SkedFlex! Bei Verhinderung bitte absagen! Änderungen vorbehalten. Angaben ohne Gewähr. Stand: 03.05.2024