

Kursplan 13.04.2026 - 19.04.2026

| | Montag 13.04.2026 | | Dienstag 14.04.2026 | | Mittwoch 15.04.2026 | | Donnerstag 16.04.2026 | | Freitag 17.04.2026 | | Samstag 18.04.2026 | | Sonntag 19.04.2026 | | | |
|-------|---------------------------------|--------------------------------|-------------------------------|---|--------------------------------|------------|---|-----------------------------|---------------------------------------|-----------------------|-------------------------------|------------|--|------------|--|--|
| Zeit | Kursraum 1 | Kursraum 2 | Kursraum 1 | Kursraum 2 | Kursraum 1 | Kursraum 2 | Kursraum 1 | Kursraum 2 | Kursraum 1 | Kursraum 2 | Kursraum 1 | Kursraum 2 | Kursraum 1 | Kursraum 2 | | |
| 09:00 | Workout All-In 9:00-10:00 | | Workout All-In 9:00-10:00 | | | | Rückenfit 9:00-10:00 | | Workout All In 9:00-10:00 | | | | | | | |
| 10:00 | Faszien Training 10:00-11:00 | | Pilates 10:00-11:00 | | Rücken Pilates 10:00-11:00 | | Rückenfit 10:00-11:00 | Yoga 10:00-11:30 | Pilates 10:00-11:00 | | Indoor Cycling 10:15-11:15 | | Workout All In 10:00-11:00 | | | |
| 11:00 | | | Zumba 11:00-12:00 | | Indoor Cycling 11:15-12:15 | | | | | | Rücken 3D 11:30-12:30 | | Inside Flow 11:00-12:00 | | | |
| 12:00 | | | | | | | | | | | Power Dumbbell 12:30-13:30 | | | | | |
| | | | Mittagspause 13:00 - 15:00 | | | | | | Mittagspause 13:00 - 15:00 | | | | | | | |
| 17:00 | Workout All-In 17:00-18:00 | | Rückenfit 17:00-18:00 | | BOP 17:00-18:00 | | HOT IRON 1 17:00-18:00 | | | | | | Erläuterungen: <div style="border: 1px solid black; border-radius: 10px; padding: 5px; margin-bottom: 5px; text-align: center;">Kurs findet wie gewohnt statt</div> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; background-color: #f08080; text-align: center;">Special (variieren)</div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; background-color: #ffff00; text-align: center;">Kurs wird vertreten</div> </div> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; background-color: #ff4500; text-align: center;">Kurs fällt aus</div> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; background-color: #ffcc00; text-align: center;">Anmeldung nötig</div> </div> | | | |
| 18:00 | Langhantel 18:00-19:00 | Faszien Pilates 18:00-19:00 | Tabata 18:00-19:00 | Yoga 18:00-19:00 | Langhantel Core 18:00-19:00 | | Indoor Cycling (Intervall) 18:15-19:00 | HIIT & Burn* 18:00-19:00 | HIIT & Run 17:30-18:45 | | | | | | | |
| 19:00 | Zumba 19:00-20:00 | TRX 19:15-20:15 | Indoor Cycling 19:15-20:15 | Faszien Mobilty & Strength 19:15 - 20:15 | Functional Fit 19:15-20:15 | | Zumba 19:15-20:15 | Pilates 19:15-20:15 | TRX meets Boxen/ Marco 19:00-20:00 | Yoga 18:30 - 19:45 | | | | | | |
| 20:00 | | | | | | | | | | | | | | | | |

* HIIT & Burns beinhaltet Boxelemente