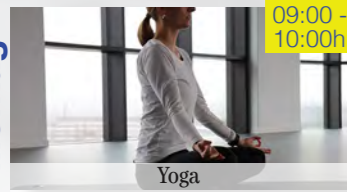


# Kursplan Mai 2024

Montag



09:00 - 10:00h  
Yoga



10:00 - 11:00h  
Pilates



18:30 - 20:30h  
Indoorcycling \*)



19:00 - 20:00h  
Bauch-Beine-Po



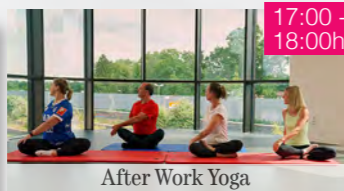
20:00 - 20:45h  
Muskelhäufigkeitstraining

Montag

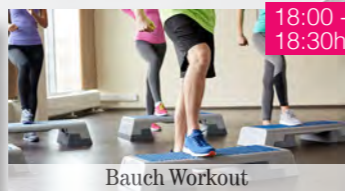
Dienstag



16:00 - 17:00h  
Vitaler Rücken



17:00 - 18:00h  
After Work Yoga



18:00 - 18:30h  
Bauch Workout



18:30 - 19:30h  
Ganzkörper Cardio Workout



18:45 - 19:30h  
Schlingentraining

Dienstag

Mittwoch



09:00 - 10:00h  
Bodega



10:00 - 11:00h  
Wirbelsäulengymnastik



15:00 - 16:00h  
ab 08.05.  
Fit & Fun for KiSS (1)



16:00 - 17:00h  
ab 08.05.  
Fit & Fun for KiSS (2)



ab 15.05. 17:00 - 18:00h  
Body Balance



17:30 - 18:00h  
Bauch Workout



18:00 - 19:00h  
Pilates



18:00 - 19:00h  
Bodyfit

Mittwoch

Donnerstag



19:00 - 20:00h  
Zumba-Fitness



19:00 - 20:30h  
Yoga



19:00 - 20:30h  
Autogenes Training



17:30 - 18:15h  
Schlingentraining



18:30 - 20:00h  
Indoorcycling \*)



18:30 - 19:30h  
Bodyfit

Donnerstag

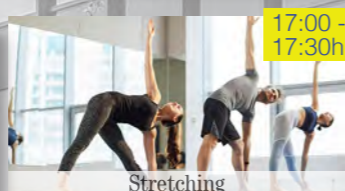
Freitag



10:00 - 11:00h  
Workout-Mix



16:00 - 17:00h  
Vitaler Rücken



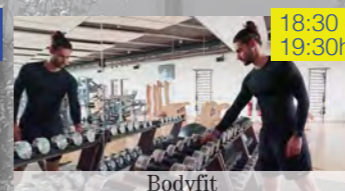
17:00 - 17:30h  
Stretching



17:30 - 18:15h  
Schlingentraining



18:30 - 20:00h  
Indoorcycling \*)



18:30 - 19:30h  
Bodyfit

Freitag

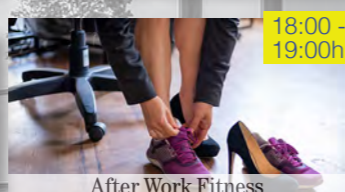
Samstag



09:00 - 10:00h  
Starker Rücken



17:00 - 18:00h  
Fatburner



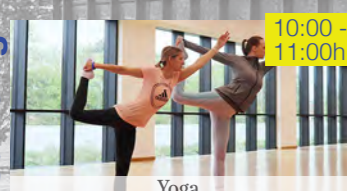
18:00 - 19:00h  
After Work Fitness



17:00 - 18:00h  
Special ab 17.05.  
Yoga

Samstag

Sonntag



10:00 - 11:00h  
Yoga



14:00 - 15:00h  
nur alle 14 Tage+ für Geübte  
High Intensity Bodyforming



09:00 - 10:00h  
Bodyfit

Sonntag

## Informationen zum Kursplan

\* Voraussetzung für alle Indoorcycling-Kurse ist der FTP-Test. Dieser findet jeden zweiten Montag im Monat von 17:30 - 18:30 Uhr im Raum Motivation statt.

\*\* nur alle 14 Tage

Kursanmeldungen bitte vorab per E-Mail an [fitness@postsv.de](mailto:fitness@postsv.de)

An Feiertagen können sämtliche Kurse entfallen

- Kreation OG
- Thomas OG
- Inspiration OG
- Dynamik OG
- Innovation UG
- Motivation UG
- Synergie UG
- Transparenz UG