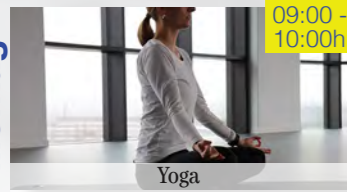


# Kursplan Juni 2024

Montag



09:00 - 10:00h  
Yoga



10:00 - 11:00h  
Pilates



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



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



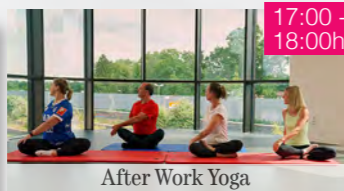
20:00 - 20:45h  
Muskellängentraining

Montag

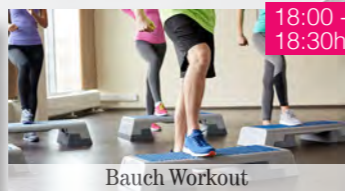
Dienstag



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  
Fit & Fun for KiSS (1)



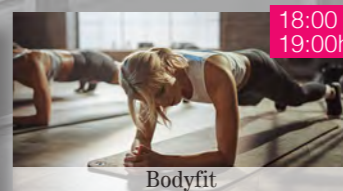
16:00 - 17:00h  
Fit & Fun for KiSS (2)



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



17:30 - 18:30h  
Body Balance



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



18:30 - 19:30h  
Bodyfit

Donnerstag

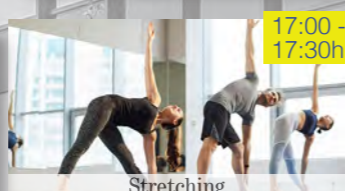
Freitag



10:00 - 11:00h  
Workout-Mix



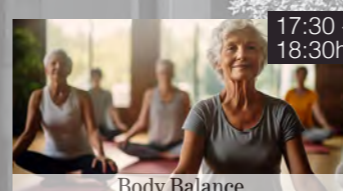
16:00 - 17:00h  
Vitaler Rücken



17:00 - 17:30h  
Stretching



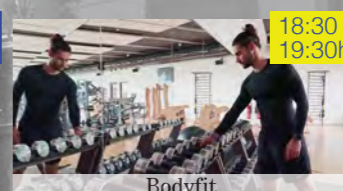
17:30 - 18:15h  
Schlingentraining



17:30 - 18:30h  
Body Balance



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



18:30 - 19:30h  
Bodyfit

Freitag

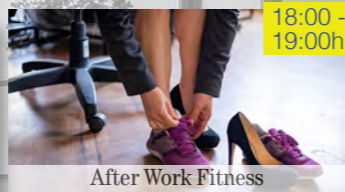
Samstag



09:00 - 10:00h  
Starker Rücken



17:00 - 18:00h  
Fatburner



18:00 - 19:00h  
After Work Fitness



17:00 - 18:00h  
Yoga



Special  
ab 17.05.

Samstag

Sonntag



10:00 - 11:00h  
Yoga



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 bitten wir ausschließlich nur noch über unsere neue **mySPORTS-APP** vorzunehmen.

An Feiertagen können sämtliche Kurse entfallen

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