



| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG | REHA |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| 09:15 - 10:15 BAUCH- & RÜCKENFIT mit Flexi-Bar® ☀️ | 09:15 - 10:15 SURPRISE PD, Hit, Step & BBP ☀️ | 09:15 - 10:15 STARKER RÜCKEN 🌙 | 09:15 - 10:15 POWER DUMBBELL® ☀️ | 09:15 - 10:15 YOGA AUF DEM STUHL 🌙 | 09:15 - 10:15 PILATES 🌙 | 10:00 - 11:00 CYCLING surprise ★ |  |
| 10:15 - 11:15 BALLance® & Faszientraining 🌙 | 10:15 - 10:30 HULA-HOOP ☀️ |  | 10:15 - 10:30 HULA-HOOP ☀️ |  | 10:15 - 11:15 POWER DUMBBELL meets XCO® ☀️ | 10:00 - 11:00 XCO® meets BBP ☀️ | REHAKURSE Mo 09:30 – 10:15 Di 16:30 – 17:15 Mi 09:30 – 10:15 Mi 10:15 – 11:00 Do 16:30 – 17:15 Do 17:15 – 18:00 |
| 10:30 - 11:30 SENIEREN-GYMNASTIK Fit in jedem Alter ☀️ | 10:30 - 11:30 LINE DANCE 🌙 |  | 10:30 - 11:30 SENIEREN-GYMNASTIK Fit in jedem Alter ☀️ |  |  | 11:00 - 12:00 JUMPING ☀️ | |
|  | 10:30 - 11:30 SENIEREN-GYMNASTIK Fit in jedem Alter ☀️ |  | 16:45 - 17:30 JUMPING® KIDS ☀️ ab 4 Jahre |  |  | 11:00 - 12:00 VINYASA FLOW 🌙 | |
| 15:00 - 16:00 PRE BALLETT 🌙 ab 4 Jahre |  | 15:00 - 16:00 BALLETT 🌙 ab 6 Jahre | 17:30 - 18:30 STEP-/AEROBIC FIT MIX ☀️ |  |  | | |
| 16:00 - 17:00 BALLETT 🌙 ab 6 Jahre |  | 16:00 - 17:25 BALLETT 🌙 ab 6 Jahre | 18:30 - 19:15 BAUCH BEINE PO ☀️ |  |  | | |
| 17:00 - 18:00 BALLETT 🌙 ab 5 Jahre | 17:00 - 17:45 ZUMBA KIDS 🌙 ab 4 Jahre | 17:25 - 18:25 BALLETT 🌙 ab 7 Jahre | 18:30 - 19:15 BAUCH BEINE PO ☀️ |  |  | | |
|  | 18:00 - 19:00 XCO® ☀️ |  | 18:30 - 19:15 BAUCH BEINE PO ☀️ |  |  | | |
| 18:00 - 19:00 KRAFTTRAINING in Kleingruppen | 18:00 - 19:00 XCO® ☀️ | 18:00 - 19:00 KRAFTTRAINING in Kleingruppen | 18:30 - 19:15 BAUCH BEINE PO ☀️ |  |  | | |
| 18:00 - 19:15 POWER DUMBBELL meets BAUCH BEINE PO® ☀️ | 18:30 - 19:00 HULA-HOOP ☀️ | 18:00 - 19:00 KRAFTTRAINING in Kleingruppen | 18:30 - 19:15 FASZI(E)NIERENDES WORKOUT 🌙 |  |  | | |
| 18:15 - 19:15 HATHA YOGA 🌙 14-tägig im Wechsel mit ↓ | 19:00 - 19:30 BAUCH BEINE PO ☀️ | 18:00 - 19:15 POWER DUMBBELL meets BAUCH BEINE PO® ☀️ | 19:00 - 20:00 POWER-CYCLING ★ |  |  | | |
| 18:15 - 19:15 VINYASA FLOW 🌙 | 19:00 - 20:00 CYCLING FATBURNER ★ jeden 1. Di im Monat bis 20:30 | 18:30 - 20:00 CANDLELIGHT YOGA 🌙 | 19:15 - 19:45 HULA-HOOP ☀️ |  |  | | |
| 19:15 - 20:30 STARKER RÜCKEN ☀️ BALLance® & Faszientraining | 19:30 - 20:30 ZUMBA® ☀️ | 19:15 - 20:30 STARKER RÜCKEN ☀️ PILATES & Faszienstretch | 19:15 - 20:15 JUMPING ☀️ |  |  | | |

Anmeldung für alle
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über Ying Wimhofer
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