

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---|--|----------------------------------|--|-------------------------------------|---------|----------------------------|
| | | | | | | |
| 09.30 – 10.30 Fit ab 40 | 09.30 – 10.30 Spinning * | 09.00 – 10.00 Aroha | 09.30 – 10.30 Funktions- gymnastik | 09.30 – 10.30 Fit ab 40 | | |
| 10.30 – 11.00 Stretch & Relax | 10.30 – 11.30 Funktions- Gymnastik | 10.00 – 11.00 BBRP | 10.30 – 11.30 Pilates | 10.30 – 11.30 Rückenfitness | | 10.30 – 11.30 Spinning* |
| 11.00 – 12.00 Rücken & Schulter Qi Gong | | | | | | |
| | | | | 15.00 – 16.00 BBRP | | |
| | | | | 16.00 – 17.00 Pilates | | |
| 17.00 – 18.00 Rücken- fitness ♥ | | 17.00 – 18.00 Pilates Special | | 17.00 – 17.30 Stretch & Relax | | |
| 18.00 – 19.15 Spinning * | | 18.00 – 20.00 Spinning * | 18.00 – 19.00 Step | 17.30 – 18.30 Spinning * | | |
| 19.15 – 20.15 Step Fatburner | 19.00 – 20.00 Pilates | | 19.00-20.00 Langhantel Work-Out | | | |
| 20.15 – 21.15 Power Yoga | 20.00 – 21.15 Yoga | 20.00 – 21.00 Rückenfitness | 20.00 – 20.30 Bauchkiller | | | |

* Für die Spinningkurse bitte in die entsprechenden Listen eintragen!

♥ bezuschussungsfähige Kurse u. a. durch DAK