

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

09:00 **Dance Cardio & Sculpt** Anuschka **1**
60Min

10:00 **Stretch, Release & Flow** Anuschka **1**
60Min

10:30 **Tabata** Team **2**
30Min

11:00 **Pilates Flow** Shora **1**
75Min

12:15 **Flow Yoga** Shora **1**
75Min

15:30 **Power Pilates** Tanja **1**
60Min

16:30 **Flow Yoga** Tanja **1**
60Min

16:45 **Afro Hip Hop** Abeena **2**
60Min

17:30 **Full Body Strength** Fatme **1**
60Min

18:00 **Urban Dance Moves** Pembele **2**
60Min

18:30 **BUTI** Fatme **1**
45Min

18:00 **Aqua** Nuriye **P**
45Min

19:00 **Aqua** Nuriye **P**
45Min

19:00 **Booty** Pembele **2**
45Min

19:30 **Himalaya Yoga** Ellen **1**
60Min

09:00 **Fit over 50** Halka **1**
45Min

09:30 **Booty X** Team **2**
30Min

10:00 **Faszien/Stretch** Halka **1**
45Min

11:00 **Aqua** Halka **P**
45Min

11:00 **Power Pilates** Yvette **1**
45Min

14:00 **Full Body Strength** Anna **1**
60Min

15:00 **Rückenflow** Anna **1**
60Min

16:00 **Booty** Yvette **1**
45Min

17:00 **Dance Moves** Javiera **2**
60Min

17:30 **Ballett Work** Shora **1**
75Min

18:45 **Pilates Flow** Shora **1**
75Min

19:45 **Slow & Strong Yoga** Greta **2**
75Min

08:00 **Full Body Strength** Charly **1**
45Min

09:00 **Rücken Flow** Yvette **1**
45Min

09:00 **Body Sensing** Anuschka **2**
60Min

10:00 **Be Woman** Yvette **1**
60Min

11:00 **Stretch & Relax** Team **2**
30Min

11:45 **Yoga** Assima **1**
75Min

16:45 **Power Yoga** Assima **2**
75Min

17:30 **Feldenkrais** Beate **1**
60Min

18:30 **Power Circle** Fatme **2**
60Min

18:30 **Aqua** Svetlana **P**
45Min

18:30 **Rücken Flow** Lili **1**
50Min

19:30 **Aerobic Moves** Lili **2**
60Min

19:30 **Aqua** Svetlana **P**
45Min

19:30 **Flow Yoga** Gloria **1**
90Min

09:00 **Pilates** Yvette **1**
45Min

10:00 **deepWork** Ekaterina **1**
60Min

11:00 **bodyART Dynamic** Ekaterina **1**
60Min

16:00 **Rückenflow** Alex **1**
60Min

17:00 **Boxing Club** Yulia **1**
60Min

17:00 **Booty X** Team **2**
25Min

17:30 **Hatha Yoga** Kathlen **2**
60Min

18:00 **Pump Move** Yulia **1**
60Min

18:45 **Zumba** Alex **2**
60Min

19:00 **deepWork** Yulia **1**
60Min

09:00 **Dance Cardio & Sculpt** Anuschka **1**
60Min

10:00 **Rücken Flow** Anne-Marie **1**
45 Min

10:00 **Tabata** Team **2**
30Min

11:00 **Yogilates** Anne-Marie **1**
60Min

11:00 **Stretch & Relax** Team **2**
30Min

11:10 **Aqua** Alexandra **P**
45Min

12:00 **Pilates Towel** Anne-Marie **1**
45Min

12:05 **Aqua** Alexandra **P**
45Min

14:00 **Full Body Strength** Anna **1**
60Min

15:00 **Mobility Flow** Anna **1**
60Min

16:00 **Ballett Work** Shora **1**
60Min

16:45 **Yin Yoga** Monika **2**
60Min

17:00 **Yoga Dance** Shora **1**
60Min

09:00 **Full Body Strength** Fatme **1**
60Min

10:00 **BBP** Fatme **1**
60Min

11:00 **Mobility Flow** Fatme **1**
60Min

12:15 **Feldenkrais** Beate **1**
60Min

14:00 **Pilates** Anne-Marie **1**
45Min

15:00 **BUTI** Anne-Marie **1**
60Min

15:00 **Hip Hop 4 Kids** Kiana **2**
60Min

16:00 **Face (lift) Yoga** Anne-Marie **1**
20Min

16:00 **Bollywood** Shruti **2**
60Min

10:00 **Aqua** Elke **P**
45Min

11:00 **Aqua** Elke **P**
45Min

10:00 **Mobility Flow** Jojo **1**
30Min

10:30 **HIIT** Jojo **1**
45Min

11:15 **Pilates** Jojo **1**
60Min

12:30 **Yoga** Assima **1**
60Min

13:45 **Dragon Dance** Assima **1**
90 Min

16:00 **Qi Gong** Ilou **1**
60Min

18:00 **Flow Yoga** Gloria **1**
90Min

★ NEU

Just Me

1 = Kursraum 1 2 = Kursraum 2 3 = Kursraum 3 P = Pool

Gültig ab 01.11.2025