

| Montag   | Dienstag   | Mittwoch  | Donnerstag   | Freitag   | Sonntag   |
|--|--|---|--|---|---|
| 08:30 – 09:00   Gym 2<br><b>Morgenmeditation</b>   Claudia   | 09:30 – 10:20   Gym 2<br><b>Der innere Halt</b>   Claudia    | 09:45 – 10:45   Gym 1<br><b>Indoor Cycling</b>   André      | 09:00 – 09:50   Gym 1<br><b>Fitness für Ältere</b>   Claudia | 09:00 – 09:50   Gym 1<br><b>Morgenfitness</b>   Olga  | 09:30 – 10:20   Gym 1<br><b>Complete Body Workout</b>   Asli  |
| 09:00 – 09:50   Gym 1<br><b>Rückentraining</b>   Lars        | 09:30 – 10:20   Gym 1<br><b>Wirbelsäulengym</b>   Olga       | 10:00 – 10:50   Gym 2<br><b>Rücken/Entspannung</b>   Katrin | 10:00 – 10:50   Gym 1<br><b>Fitness für Ältere</b>   Claudia | 10:00 – 10:50   Gym 1<br><b>Sanftes Radfahren</b>   Regina  | 10:30 – 11:20   Gym 2<br><b>Mobility</b>   Katrin   |
| 10:00 – 10:50   Gym 2<br><b>Schulter-Nacken</b>   André      | 10:30 – 10:20   Gym 1<br><b>Wirbelsäulengym</b>   Olga       | 11:00 – 11:50   Gym 1<br><b>Pilates</b>   Katrin            | 11:00 – 11:50   Gym 2<br><b>Sturzprophylaxe</b>   Lars       | 11:00 – 11:50   Gym 1<br><b>Sturzprophylaxe</b>   Lars  | 11:30 – 12:45   Gym 2<br><b>Yoga Flow</b>   Katrin  |
| 10:00 – 10:50   Gym 1<br><b>Sanftes-Radfahren</b>   Regina   | 11:30 – 10:20   Gym 1<br><b>Wirbelsäulengym</b>   Olga       | 11:00 – 11:50   Gym 2<br><b>Zumba</b>   Josy                | 11:00 – 11:50   Gym 1<br><b>Fitness für Ältere</b>   Claudia | 11:00 – 11:50   Gym 2<br><b>Mental aktiv</b>   Olga   | <h2>Reha pur</h2> <p>Mo 11:15 – 12:00<br/>Mi 15:00 – 15:45<br/>16:00 – 16:45<br/>Fr 14:00 – 14:45<br/>16:00 – 16:45<br/>17:00 – 17:45</p> <p>Diese Kurse sind ausschließlich für Nichtmitglieder.<br/>Nach Beratung durch das Trainerteam</p> |
| 11:15 – 12:15   Gym 2<br><b>Yoga für Ältere</b>   Claudia    | 15:15 – 16:15   Gym 1<br><b>Hip Hop 6-11 Jhr.</b>   Daniela  | 16:30 – 17:20   Gym 2<br><b>Rückentraining</b>   André      | 16:00 – 16:30   Gym 2<br><b>Atemgymnastik</b>   Regina       | 18:30 – 19:20   Gym 2<br><b>Power-Workout</b>   Tim   |   |
| 12:30 – 13:30   Gym 2<br><b>Yoga für Ältere</b>   Claudia    | 16:15 – 17:05   Gym 1<br><b>Hip Hop 12-16 Jhr.</b>   Daniela | 17:30 – 18:45   Gym 2<br><b>Intervall Workout</b>   Samira  | 17:00 – 18:00   Gym 1<br><b>Starker Rücken</b>   André       |  <p><b>Buche jetzt dein<br/>PROBETRaining<br/>oder vereinbare ein<br/>Beratungsgespräch</b></p> <p><a href="#">Klicke hier</a></p> |   |
| 16:30 – 17:45   Gym 2<br><b>Hatha Yoga</b>   Romina          | 18:00 – 18:50   Gym 1<br><b>Body in Balance</b>   Olga       | 17:50 – 18:50   Gym 1<br><b>Indoor Cycling</b>   Steffi     | 18:00 – 19:00   Gym 1<br><b>Hot Iron</b>   André             |   |   |
| 17:00 – 17:50   Gym 1<br><b>Rückenfit</b>   Claudia          | 18:00 – 18:50   Gym 2<br><b>Schulter-Nacken</b>   Susanne    | 19:00 – 19:50   Gym 2<br><b>Starker Rücken</b>   Regina     | 18:00 – 18:50   Gym 2<br><b>Starker Rücken</b>   Tine        |   |   |
| 18:00 – 18:50   Gym 2<br><b>Flex &amp; Stretch</b>   Claudia | 19:00 – 19:50   Gym 1<br><b>Bauch-Beine-Rücken</b>   Olga    | 19:00 – 19:50   Gym 1<br><b>Pilates</b>   Cindy             | 19:00 – 19:50   Gym 2<br><b>Starker Rücken</b>   Tine        |   |   |
| 18:15 – 19:15   Gym 1<br><b>Hot Iron</b>   Nicole            | 19:00 – 19:50   Gym 2<br><b>Schulter-Nacken</b>   Susanne    | 20:00 – 21:15   Gym 1<br><b>Yoga</b>   Daniela              | 19:15 – 20:15   Gym 1<br><b>Indoor Cycling</b>   Nicole      |   |   |
| 19:00 – 19:50   Gym 2<br><b>Zumba</b>   Zainab               | 20:00 – 21:15   Gym 2<br><b>Kundalini Yoga</b>   Marlit      | 20:00 – 20:50   Gym 2<br><b>Pilates</b>   Cindy             | 20:00 – 21:15   Gym 2<br><b>Hatha Yoga</b>   Tine            |   |   |
| 19:30 – 20:30   Gym 1<br><b>Indoor Cycling</b>   Nicole      | 20:00 – 20:50   Gym 1<br><b>Pilates</b>   Christiane         |   |  |   |   |
| 20:00 – 21:15   Gym 2<br><b>Yin Yoga</b>   Anni              |  |   |  |   |   |
|  |  |   |  |   | <h2>Wellengangkurse</h2> <p>In Absprache mit dem Trainerteam</p> <p>Mo 11:15 – 11:45<br/>16:00 – 16:30<br/>Di 17:30 – 18:00<br/>Do 16:30 – 17:00</p> <p>Wellengang Parkinson<br/>Do 12:00 – 12:30</p>   |