Kursplan / Fit for life

Stand 28.10.2025

Mo	Di	Mi	Do	Fr	Sa	So
Rücken-Fit			**Power Dumbell**	**Fit Mix**		**Surprise**
9.00 – 10.00			9.30 – 10.15	9.30 – 10.30		9.45 – 10.45
Stretch Fit	**Pilates**		**Rücken-Fit**			**Crossfire**
10.00 – 10.30	10.00 – 11.00		10.15 – 11.00			11.00 – 12.00
Bodywork	**Crossfire**	**Crossfire**	**HIIT Workout**	**Tabata**		
18.00 – 19.00	18.00 – 19.00	18.00 – 19.00	18.00 – 19.00	17.30 – 18.30		
Yoga	**Power Dumbell**	**BOP**	**Crossfire**			
19.00 – 20.00	18.00 – 19.00	18.00 – 19.00	19.15 – 20.15			
Crossfire	**Yoga**	**Rücken/Mobi**	**ZUMBA**			
19.00 – 20.00	19.15 – 20.15	19.00 – 20.00	19.15 – 20.15			
Stretch/Faszien	**Spinning**		**Spinning**			
20.00 – 20.45	19.15 – 20.15		19.15 – 20.15			