

KURSPLAN

SPORT *life*

Gültig ab dem 01.07.2025

MO	DI	MI	DO	FR	SA	SO
09:30 - 10:25 Fit & Balance <i>Tatjana</i>	09:30 - 10:15 Rehasport <i>Zaid</i>	9:30 - 10:15 Reha Diabetes & Adipositas <i>Zaid</i>	09:30 - 10:25 Full Body Workout <i>Tatjana</i>	09:30 - 10:15 Rehasport <i>Zaid</i>	09:30 - 10:15 Rehasport <i>Marius</i>	
10:45 - 11:30 Rehasport <i>Zaid</i>	10:30 - 11:25 Vital & Fit <i>Zaid</i>	10:30-11:15 Rehasport <i>Zaid</i>	10:30-11:25 Pilates <i>Tatjana</i>	10:30 - 11:25 Rücken Fit <i>Zaid</i>	10:30 - 11:15 Rehasport <i>Marius</i>	
10:40 - 11:35 Hatha Yoga <i>Katja</i>	12:00 - 12:45 Rehasport <i>Zaid</i>	11:30 - 12:15 Rehasport <i>Zaid</i>	17:00 - 17:45 Rehasport <i>Marius</i>	15:00 - 15:45 Rehasport <i>Zaid</i>	11:30 - 12:25 Circle-Workout <i>Marius</i>	
15:00 - 15:45 Rehasport <i>Marius</i>	18:30 - 19:25 Rücken Fit <i>Trainer</i>	15:30 - 16:15 Rehasport <i>Marius</i>	18:00 - 18:45 Rehasport <i>Marius</i>	17:00 - 17:55 Rücken Yoga <i>Sabine</i>		
17.00 - 17:45 Rehasport <i>Marius</i>	18:00 - 18:45 Rehasport <i>Christiane</i>	16:30-17:15 Rehasport <i>Marius</i>	18:00 - 18:55 Yoga Relax <i>Andrea</i>			
18:00 - 18:25 Bauch Express <i>Marius</i>	18:30 - 19:25 Cycling <i>Peter</i>	17:30-18:25 Faszien Yoga <i>Trainer</i>	19.00 -19.55 Cycling <i>Marius</i>			
18:30 - 19:25 Workout <i>Andrea</i>	18:45 - 19:30 Rehasport <i>Christiane</i>	18:30-19:30 Strong Nation <i>Trainer</i>				
19:30 - 20:25 Jumping <i>Gaby</i>	19:30 - 20:25 Zumba <i>Trainer</i>	18:30 - 19:25 Yin Yoga <i>Katja</i>				
		19:45 - 20:40 HIIT Training <i>Marius</i>				

Öffnungszeiten
Sommer (01.05.-31.08.25)
Mo-Fr 08:00 - 22:00 Uhr
Sa-So/Feiertag 09:00 - 18:00 Uhr

Winter (01.09.-30.04.26)
Mo-Do 08:00 - 23:00 Uhr
Fr 08:00 - 22:00 Uhr
Sa-So/Feiertag 09:00 - 20:00 Uhr

Kontakt
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