

| Montag | Kursraum 1 | Kursraum 2 | Athletikhalle |
|------------|---|-------------------------------------|---------------|
| 9 | 9.00 - 9.55 🕒 Wellfit/Bettina | | |
| 10 | 10.00 - 10.55 Strong/Sani | | |
| 17 | 17.00 - 17.45 🕒 Rücken/ Bettina | | |
| 18 | 18.00 - 19.00 🕒 Pump/ Helena | | |
| 19 | 19.10 - 20.00 Step /Natascha 20.00 - 20.30 Core/ Natascha | 19.00 - 19.55 🕒 cycling 10/Ralf | |
| Dienstag | Kursraum 1 | Kursraum 2 | Athletikhalle |
| 17 | 17.00 - 17.55 🕒 Pilates/Bettina | | |
| 18 | 18.00 - 18.50 🕒 Step/ Tatjana | | |
| 19 | 19.00 - 20.00 🕒 Zumba/ Tatjana | | |
| 20 | 20.00 - 21.00 Yoga/ Bettina | 20.00 - 20.50 🕒 cycling 10/ Leon | |
| Mittwoch | Kursraum 1 | Kursraum 2 | Athletikhalle |
| 9 | 9.00 - 9.55 🕒 Well fit/ Bettina | | |
| 15-16 | 15.30 - 16.25 Dance Kids 3-5 Jahre | | |
| 17 | 16.30 - 17.25 Dance Kids 6-10 Jahre 17.30 - 17.55 🕒 Fett weg/ Sani | | |
| 18 | 18.00 - 19.00 🕒 pump / Yvonne | 18.00 - 18.50 🕒 cycling 10/ Sani | |
| 19 | 19.10 - 20.00 🕒 Slim Fitness/ Helena | | |
| Donnerstag | Kursraum 1 | Kursraum 2 | Athletikhalle |
| 17 | 16.30 - 17.25 🕒 Yoga/ Bettina 17.30 - 18.10 🕒 Fett weg/ Natascha | | |
| 18 | 18.15 - 18.25 Bauch/ Natascha 18.30 - 19.20 🕒 Slim Step/ Natascha | | |
| 19 | 19.30 - 20.30 🕒 Body Pump/ Moni | | |
| 20 | | 20.00 - 20.50 🕒 cycling 10/ Leon | |
| Freitag | Kursraum 1 | Kursraum 2 | Athletikhalle |
| 9 | 9.00 - 9.55 🕒 Pilates/Sani | | |
| 10 | 10.00 - 10.45 🕒 Slim-Step/Sani 10.50 - 11.00 🕒 Bauch/ Sani | | |
| 16 | 16.30 - 17.30 🕒 Pump/ Moni | | |
| Samstag | Kursraum 1 | Kursraum 2 | Athletikhalle |
| 10 | 10.30 - 11.30 Pump/ Helena | | |
| Sonntag | Kursraum 1 | Kursraum 2 | Athletikhalle |
| | | 11.00 - 12.00 🕒 Cycling/ Ralph | |