

## Montag

09:00 – 10:00  
Gym 1



10:00 – 11:00  
Gym 1



18:00 – 19:00  
Gym 1  
Bauch, Beine & Po

19:00 – 20:00  
Gym 1  
Rückentraining

19:00 – 20:00  
Cycleraum



20:00 – 21:00  
Gym 1



## Dienstag

10:00 – 11:00  
Gym 1  
RückenStretch

18:00 – 19:00  
Gym 1



18:00 – 19:00  
Cycleraum  
INDOOR-Cycling

19:00 – 20:00  
Gym 1  
Pilates

20:00 – 21:15  
Gym 2  
Hatha-Yoga\*

20:00 – 21:00  
Gym 1  
Rückenpower

## Mittwoch

09:00 – 10:00  
Gym 1  
Pilates

10:00 – 11:00  
Cycleraum  
INDOOR-Cycling

19:00 – 20:00  
Gym 1



19:00 – 20:00  
Cycleraum



19:30 – 21:00  
Seminarraum  
Fitnessführerschein\*

## Donnerstag

09:00 – 10:00  
Trainingsfläche  
INJOY-Gruppentraining

09:00 – 10:00  
Gym 2



10:00 – 11:30  
Seminarraum  
Fitnessführerschein\*

18:00 – 19:00  
Gym 1  
Wirbelsäulengymnastik

19:00 – 20:00  
Gym 2



19:00 – 20:00  
Cycleraum



19:30 – 21:00  
Seminarraum  
Fitnessführerschein\*

20:15 – 21:15  
Gym 1



## Freitag

09:00 – 10:00  
Gym 1  
Bauch, Beine & Po

10:00 – 11:15  
Gym 2  
Hatha-Yoga\*

17:00 – 18:00  
Gym 1  
Rücken Intensivkurs\*

18:00 – 19:00  
Cycleraum



19:15 – 20:15  
Gym 1



## Samstag

14:00 – 15:00  
Gym 1



## Sonntag

10:30 – 11:30 Gym 1



11:45 – 12:45 Gym 2  
Tai Chi

\* = Sonderkurs, Kosten auf Anfrage