

MONTAG

VORMITTAGS

07:15 - 08:00
Virtual Bodybalance
08:00 - 08:45
Virtual Bodycombat
09:00 - 09:30
Bauch muss weg
09:30 - 10:30
Braceless
10:45 - 11:15
Virtual Core
11:15 - 11:45
Virtual Bodybalance

MITTAGS

12:00 - 12:45
Virtual The Trip
12:45 - 13:15
Virtual Bodybalance
13:15 - 13:45
Virtual Bodyattack
13:45 - 14:15
Virtual Bodybalance

NACHMITTAGS

14:15 - 15:00
Virtual The Trip
15:00 - 15:30
Virtual Bodybalance
15:30 - 16:00
Virtual Core
16:00 - 16:45
Virtual Bodybalance

ABENDS

18:30 - 19:30
Fitboxen
19:30 - 20:30
Bodyboost

DIENSTAG

VORMITTAGS

07:15 - 08:00
Virtual The Trip
08:00 - 08:15
Virtual Core
08:15 - 08:45
Virtual Bodybalance
10:15 - 10:45
Virtual Bodyattack
10:45 - 11:15
Virtual Bodybalance
11:15 - 11:45
Virtual Core
11:45 - 12:00
Virtual Bodybalance

MITTAGS

12:15 - 13:00
Virtual The Trip
13:00 - 13:30
Virtual Bodybalance

NACHMITTAGS

13:30 - 14:00
Virtual Core
14:00 - 14:15
Virtual Bodybalance
14:15 - 14:45
Virtual Bodyattack
14:45 - 15:00
Virtual Bodybalance
15:15 - 16:00
Virtual The Trip
16:00 - 16:15
Virtual Bodybalance
16:15 - 17:00
Virtual The Trip
17:00 - 17:15
Virtual Bodybalance

ABENDS

17:30 - 18:30
Rücken
18:30 - 19:30
Body Pump *[®]
19:45 - 20:30
Virtual Core
20:30 - 20:45
Virtual Bodybalance

MITTWOCH

VORMITTAGS

07:15 - 07:45
Virtual Bodybalance
07:45 - 08:30
Virtual The Trip
08:30 - 08:45
Virtual Bodybalance
09:00 - 10:00
Zumba[®]
10:00 - 11:00
Hatha Yoga
11:15 - 12:00
Virtual Core

MITTAGS

12:00 - 12:30
Virtual Bodybalance
12:30 - 13:00
Virtual Bodyattack
13:00 - 13:15
Virtual Bodybalance

NACHMITTAGS

13:15 - 14:00
Virtual The Trip
14:00 - 14:15
Virtual Bodybalance
14:15 - 15:00
Virtual Bodycombat
15:00 - 15:45
Virtual The Trip
15:45 - 16:15
Virtual Bodybalance
16:15 - 17:00
Virtual The Trip
17:00 - 17:30
Virtual Bodybalance

ABENDS

18:00 - 19:00
Fitboxen
19:00 - 20:00
Indoor Cycling
20:15 - 21:00
Virtual Bodybalance

DONNERSTAG

VORMITTAGS

07:15 - 08:00
Virtual The Trip
08:00 - 08:45
Virtual Bodycombat
08:45 - 09:00
Virtual Bodybalance
09:00 - 10:00
Power Core
10:15 - 11:00
Virtual The Trip
11:00 - 11:15
Virtual Bodybalance
11:15 - 11:45
Virtual Core
11:45 - 12:15
Virtual Bodybalance

MITTAGS

12:15 - 12:45
Virtual Bodyattack
12:45 - 13:00
Virtual Bodybalance
13:00 - 13:45
Virtual The Trip
13:45 - 14:00
Virtual Bodybalance

NACHMITTAGS

14:00 - 14:45
Virtual Bodycombat
14:45 - 15:00
Virtual Bodybalance
15:00 - 15:45
Virtual The Trip
15:45 - 16:00
Virtual Bodybalance
16:00 - 16:30
Virtual Core
16:30 - 17:00
Virtual Bodybalance
17:00 - 17:15
Virtual Core
17:15 - 18:00
Virtual Bodycombat

ABENDS

18:00 - 18:15
Virtual Bodybalance
18:30 - 19:30
Zumba[®]
19:30 - 20:30
Body Pump *[®]
20:30 - 20:45
Virtual Bodybalance

FREITAG

VORMITTAGS

07:15 - 07:45
Virtual Core
07:45 - 08:15
Virtual Bodyattack
08:15 - 09:15
Pilates
09:15 - 10:15
Bodyboost
10:15 - 11:00
Virtual Bodybalance
11:00 - 11:45
Virtual The Trip
11:45 - 12:00
Virtual Bodybalance

NACHMITTAGS

14:00 - 14:30
Virtual Bodyattack
14:45 - 15:30
Virtual The Trip
15:30 - 15:45
Virtual Bodybalance
15:45 - 16:15
Virtual Bodycombat
16:15 - 16:45
Virtual Bodybalance
16:45 - 17:15
Virtual Bodyattack
17:15 - 17:30
Virtual Core
17:30 - 18:00
Virtual Bodybalance

ABENDS

19:00 - 19:45
Virtual Bodycombat
19:45 - 20:00
Virtual Bodybalance
20:00 - 20:45
Virtual Core

SAMSTAG

VORMITTAGS

08:15 - 08:45
Virtual Bodyattack
08:45 - 09:45
Mobility Flexibility
10:00 - 11:00
Linedance
11:15 - 12:00
Virtual The Trip

NACHMITTAGS

14:30 - 14:45
Virtual Bodybalance
14:45 - 15:30
Virtual Bodycombat
15:30 - 15:45
Virtual Bodybalance
15:45 - 16:30
Virtual The Trip

SONNTAG

VORMITTAGS

08:15 - 09:00
Virtual The Trip
09:00 - 09:15
Virtual Bodybalance
09:15 - 09:45
Virtual Bodyattack
09:45 - 10:00
Virtual Bodybalance
10:00 - 11:00
Body Pump *[®]
11:15 - 11:45
Virtual Bodycombat
11:45 - 12:00
Virtual Bodybalance

MITTAGS

12:15 - 12:45
Virtual Core
12:45 - 13:00
Virtual Bodybalance
13:00 - 13:45
Virtual The Trip
13:45 - 14:15
Virtual Bodybalance

NACHMITTAGS

14:15 - 14:45
Virtual Bodyattack
14:45 - 15:00
Virtual Bodybalance
15:00 - 15:45
Virtual Core
15:45 - 16:00
Virtual Bodybalance
16:00 - 16:45
Virtual The Trip



= Virtual
= Live

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f i eFitApp

Kinderparadies mit Betreuung
Montag - Freitag 08:30 - 11:30

Alle Kurse kannst du ohne
Terminbuchung einfach besuchen.
Kursplan ab 9. Mai 2023

* = Bitte melde dich 15 Minuten vor deiner ersten Stunde beim Instruktor, du erhältst ein Intro für Einsteiger.