| Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | | Samstag | | | Sonntag | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Move | Shape | Indoor Cycling | Move | Shape/ S.bad | Indoor Cycling | Move | Shape/ S.bad | Indoor Cycling | Move | Shape/ S.bad | Indoor Cycling | Move | Shape/ S.bad | Indoor Cycling | Move | Shape/ S.bad | Indoor Cycling | Move | Shape | Indoor Cycling |
| | | | | | | | | | | | | | | | | | | | | |
| | | | | 8.45 Aqua Fitness 45 min. | | | 8.30 Aqua Fitness 45 min. | | | | | | 8.45 Aqua Fitness 45 min. | | | | | | | |
| | | | 10.00 Body-shape 60 min. | | | 10.00 Rücken-fitness 60 min. | 9.45 Aqua Fitness 45 min. | | 10.00 Step + Shape 60 min | | | | 9.00 Bebofit 60 min. | | | | | | | |
| | | | 11.15 Rücken-fitness 45 min. | | | | | | | | | | | | | 12.30 Aqua Fitness 45 min. | | 11.00 BBP 60 min. | | 11.00 IC Easy Fatb. 45 |
| | | | | | | | | | | | | | | | 15.00 Body-shape 60 min. | 13.45 Aqua Fitness 45 min. | | 12.15 Bauch 30 min. | | 12.00 IC Easy Fatb. 45 |
| 16.45 Step 1 60 min. | | | | | | | | | | | | 16.30 BBP 60 min. | 16.45 Pilates 60 min. | | | | | 16.00 Yoga 90 min | | |
| 18.00 Body-shape 60 min. | 18.00 Rücken fitness 60 min | | 18.00 Body-shape 60 min. | | 18.00 IC Easy Fatb. 45 | 18.00 Body-shape 60 min. | | | 18.00 Body-shape 60 min. | 18.00 Yoga 90 min. | 18.30 Intervall 60 | 18.00 Body-shape 60 min. | | | | | | | | |
| 19.15 Press & Pull 60 min. | | | 19.00 Outdoor Cross 45 min. | | | 19.15 Power-step 45 min. | 19.00 Yoga 60 min. | | 19.15 Step & Shape 45 min. | | | 19.15 Outdoor Cross 45 min. | | | | | | | | |

| Einsteiger | Leicht Fortgeschrittene | Fortgeschrittene |
|---|---|---|

**Die Kurse finden jeweils ab drei Teilnehmern*innen statt.**

**Aktualisiert am 17.06.2021**

Pro Vital
Sport aus Leidenschaft