

KURSPLAN

Gültig ab 13.10.2025

Telefon 056 470 22 55

Montag	Kurs	Instruktor
08:20 - 09:15	PILATES & YOGA	DOROTHEE
09:00 - 10:00	INDOOR CYCLING	CORNELIA
09:30 - 10:25	BAUCH BEINE PO	JANINE
12:10 - 13:05	BODY PUMP	MISSY
17:50 - 18:20	LES MILLS CORE	CORINA
18:30 - 19:25	BODY PUMP	MANUELA
19:00 - 19:55	TRIPLE MAX	PIERA
19:00 - 20:00	INDOOR CYCLING	DENISE
19:30 - 20:25	BODY BALANCE	RETO

Donnerstag	Kurs	Instruktor
08:20 - 09:15	RÜCKENFIT PLUS	JIL
09:00 - 09:55	TRIPLE MAX	TIMO
09:30 - 10:25	BAUCH BEINE PO	JANINE
12:10 - 13:05	BODY PUMP	SARAH
18:00 - 18:55	BODY BALANCE	DOROTHEE
19:00 - 19:55	HYROX TRAINING	LEO
18:30 - 19:30	INDOOR CYCLING	BRUNO
19:00 - 19:55	BODY ATTACK	JASMIN
20:00 - 20:55	ZUMBA	MARIA

Dienstag	Kurs	Instruktor
08:20 - 09:15	RÜCKENFIT PLUS	JIL
09:00 - 09:55	TRIPLE MAX	LEO
09:30 - 10:25	BODY BALANCE	STEFFI
12:10 - 12:40	LES MILLS CORE	GIULIA
12:10 - 13:05	INDOOR CYCLING	RAOUL
18:00 - 18:55	BODY ATTACK	MAYA
18:30 - 19:30	INDOOR CYCLING	MARTIN
19:00 - 19:55	HYROX TRAINING	SARAH
19:00 - 19:55	HATHA YOGA	ANDREAS
20:00 - 20:55	ZUMBA	PINA

Freitag	Kurs	Instruktor
08:20 - 09:15	BODY BALANCE	JANINE
09:30 - 10:25	BODY PUMP	PIERA
12:10 - 13:05	TRIPLE MAX	TEAM

Samstag	Kurs	Instruktor
09:20 - 10:15	BODY ATTACK	MANUELA
10:00 - 10:55	TRIPLE MAX	TEAM
10:25 - 11:20	ZUMBA	TEAM

Mittwoch	Kurs	Instruktor
06:15 - 07:00	RÜCKENFIT	JANINE
08:30 - 09:25	ZUMBA	NICOLE
09:00 - 10:00	INDOOR CYCLING	MARTIN
09:30 - 10:25	BODY PUMP	MANUELA
12:10 - 13:05	YOGA FLOW	ANNJA
12:10 - 13:05	TRIPLE MAX	JIL
17.50 - 18:20	RÜCKENFIT	ALINA
18:30 - 19:25	BAUCH BEINE PO	JANINE
19:00 - 19:55	TRIPLE MAX	CORINA S.
19:00 - 20:00	INDOOR CYCLING	RAOUL
19:30 - 20:25	BODY PUMP	PINA

Sonntag	Kurs	Instruktor
09:20 - 10:15	BODY BALANCE	STEFFI
10:00 - 10:55	HYROX TRAINING	JIL H.
10:00 - 11:00	INDOOR CYCLING	TEAM
10:25 - 11:20	BODY PUMP	TEAM

Platzreservation oder deren Löschung mindestens 4 Stunden vorher mit dem Butterfly App.

PHOENIX
more than fitness