


| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---|--|---|---|---|--|---|
| vormittags von 8.00 -12.00 Uhr | | | | | | |
| 8.15 -9.00 6 – Pack Andrea | 8.15 – 8.45 Power Plate | 9.00 – 10.00 Easy Zirkel Birgit | 8.30 – 9.00 Power Plate | 8.15 – 8.45 Power Plate | | |
| 9.00 – 10.00 GKT Andrea | 9.00 – 10.00 Pilates Andrea | 9.00 - 10.00 Hot Iron Oliver | 9.00 – 10.00 NIA Sonja | 8.40 – 9.00 6 – Pack Andrea | | |
| 9.00 – 10.00 Easy Zirkel Merle | 10.15 – 11.15 Easy Zirkel Angelika | 9.00 – 9.30 Power Plate | 9.00 – 10.00 Easy Zirkel Katrin | 9.00 – 10.00 Easy Zirkel Ferry | | |
| 10.05 – 11.05 Spinning* Andrea | | 10.00 – 11.00 Pilates Andrea | 10.10 - 11.10 Wirbel Gym Sonja | 9.05 – 10.00 GKT Andrea | | |
| 11.15 -11.45 Power Plate | | | 11.15 – 11.45 Power Plate | 10.00 – 11.00 Aqua-Fitness Nicole | | |
| | | | | 10.05 – 11.05 Spinning* Andrea | | 11.00 – 12.00 Spinning Andrea |
| | | | | 10.15 – 11.00 Rückenfit* Birgit | | |
| | | | | 11.15 -11.45 Power Plate | | |
| nachmittags von 14.00 – 18.00Uhr | | | | | | |
| 14.30 -15.30 KizDance Birte | | 16.00 – 17.00 Easy Zirkel Ferry | 17.00 – 18.00 BBP Ute | 16.30 – 18.00 Yoga Timo | 13.00 -13.30 Power Plate | 12.45 -13.15 Power Plate |
| 16.00 – 16.30 Power Plate | | 17.30 – 18.30 Step Ute | 17.15 -17.45 Power Plate | | | 14.00 – 15.00 Easy Zirkel |
| 17.30 – 19.00 Yoga Melanie | | 17.30 – 18.15 Rückenfit* Birgit | | | | |
| 17.45 – 18.45 Spinning * Dirk | | | | | | |
| abends von 18.00 - 22.00 Uhr | | | | | | |
| 18.00 -19.00 Easy Zirkel Saskia | 18.00 – 19.00 Hot Iron Andrea | 18.00 – 19.00 Power Plate | 18.00 – 19.00 Rückenfit* Birgit | 18.00 – 19.00 Spinning* Andrea | Kinderbetreuung Mo/Fr 8.00 – 14.00 Uhr Di/Mi/Do 8.00 – 12.00 Uhr  | |
| 18.00 – 19.30 Nordic W.* Helmut | 18.00 -19.00 Easy Zirkel Katrin | 18.30 -19.30 Pilates Andrea | 18.00 -19.30 Nordic W.* Helmut | 18.00 – 19.00 NIA Sonja | | |
| 19.00 -20.00 Pilates Andrea | 18.30 -19.00 Power Plate | 19.30 -20.30 Spinning* Saskia | 19.00 – 20.00 Spinning* Dedel | 19.15 -20.15 Power Plate | | |
| 19.00 – 19.30 Power Plate | 19.00 – 20.00 Rückenfit* Oliver | | | | | |
| | 19.15 - 20.15 Spinning* Andrea | | | | | |

* Kurse, die von der Krankenkasse unterstützt werden

Jeden 1. Dienstag im Monat findet ein „Nordic Walking Schnupperkurs“ von 19.00 – 21.00 Uhr statt