



| Uhrzeit     | MONTAG                                         |   |        | DIENSTAG                                   |   |        | MITTWOCH                                  |      |                                              | DONNERSTAG              |        |                                                 | FREITAG               |        |                                                        | SAMSTAG                                                                                                                |                                                                                                                                                        |  |
|-------------|------------------------------------------------|---|--------|--------------------------------------------|---|--------|-------------------------------------------|------|----------------------------------------------|-------------------------|--------|-------------------------------------------------|-----------------------|--------|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 8:05-8:55   | Gesunder Rücken<br>Steffi // 8:10-8:55 Uhr     | + | G-F R2 |                                            |   |        |                                           |      | Morning Mobility<br>Claudia // 8:10-8:55 Uhr | +                       | G-S R2 |                                                 |                       |        |                                                        | Body Workout<br>Stephen // 10:05-10:55 Uhr                                                                             | F-S R2/H2                                                                                                                                              |  |
| 9:05-9:55   | Easy Cycling<br>Steffi // 9:00-9:50 Uhr        |   | G-F R1 | Easy Cycling<br>Parveen // 9:00-9:50 Uhr   |   | G-F R1 | Indoor Cycling<br>Silvia // 9:00-9:50 Uhr | S R1 | Zumba Gold<br>Carmen                         |                         | G-F R1 | Rückenfit<br>Astrid/Steffi                      |                       | G-F R1 | Dance<br>Stephen // 11:05-11:55 Uhr                    | +                                                                                                                      | F-S R2                                                                                                                                                 |  |
|             | Yoga<br>Babsy                                  | + | G-S R2 | Energy Dance<br>Wanja                      | + | G-F R2 | Rückenfit<br>Astrid                       | +    | G-F R2                                       | Faszien, Kraft, Bewegl. | +      | G-F R2                                          | Energy Dance<br>Heide | +      | G-F R2                                                 | HYROX<br>10:30-13:00 Uhr                                                                                               | F-A H3                                                                                                                                                 |  |
| 10:05-10:55 | Indoor Cycling<br>Claudia // 10:00-10:50 Uhr   |   | F R1   | Antara Rücken<br>Doris                     |   | G-F R1 | Bauch-Beine-Po<br>Astrid                  |      | Pilates<br>Christine                         |                         | G-F R1 | Indoor Cycling<br>Caro // 10:10-11:00 Uhr       |                       | F-S R1 | SONNTAG                                                |                                                                                                                        |                                                                                                                                                        |  |
|             | Strong Body<br>Chiara                          |   | F-S R2 | Dynamic Flow<br>Wanja                      | + | G-F R2 |                                           |      |                                              |                         |        | Spinefitter<br>Heide // 10:05-10:35 Uhr         | TEMPORÄR              | G-A R2 | Sunday Workout<br>10:00-11:00 Uhr                      | +                                                                                                                      | G-F R2                                                                                                                                                 |  |
| 11:05-11:55 | Mobility<br>Elena                              | + | G-S R2 |                                            |   |        | Stretching<br>Doris                       |      | Rückenfit<br>Christine                       |                         | G-F R1 | Tabata<br>Caro // 11:10-11:40 Uhr               |                       | F-S R1 | SoulSunday // Körper-Geist-Seele                       |                                                                                                                        |                                                                                                                                                        |  |
|             |                                                |   |        |                                            |   |        |                                           |      |                                              |                         |        | Stretching<br>Caro // 11:40-12:10 Uhr           |                       | G-S R1 | R1/R2                                                  | Raum 1 / Raum 2 (2.OG)                                                                                                 |                                                                                                                                                        |  |
| 16:05-16:55 |                                                |   |        | Yoga & Dehnen<br>Gudrun // 15:40-16:55 Uhr | + | G-F R2 | Rücken, Schulter, Nacken<br>Astrid        | +    |                                              |                         |        | QiGong<br>Christine // 13:05-13:50 Uhr          |                       | G-F R1 | H2/3/4                                                 | Halle 2 / 3 / 4 (EG)                                                                                                   |                                                                                                                                                        |  |
| 17:05-17:55 | Pilates<br>Maren                               |   | G-S R1 | HIIT<br>Brit // 17:30-17:55 Uhr            | + | F-S R2 |                                           |      | Rückenfit<br>Astrid                          | +                       | G-F R2 | Fitness für Männer<br>Mehmet // 17:45-18:45 Uhr |                       | G-F R1 | +                                                      | + Online: Dieser Kurs findet im HSC und Livestream statt.                                                              |                                                                                                                                                        |  |
|             | Rückenfit<br>Astrid                            | + | G-S R2 |                                            |   |        |                                           |      |                                              |                         |        |                                                 |                       |        | G                                                      | Gesundheitssport<br>Prävention und Gesundheit stehen im Vordergrund. Auch zum Einstieg nach Rehasport geeignet.        |                                                                                                                                                        |  |
| 18:05-18:55 | Indoor Cycling<br>Silvia                       |   | F-S R1 | Faszien, Kraft, Bewegl.                    | + | G-A R2 | Pilates<br>Carina                         |      | Strong Body<br>Sabrina                       |                         | F-S R1 | BodyArt Fascia<br>Britt                         | +                     | F-S R2 | F                                                      | Fitness<br>Gezieltes Fitnesstraining beinhaltet meist Ausdauer-, Kraft- und Koordinationsstraining.                    |                                                                                                                                                        |  |
|             | Strong Body<br>Maren                           |   | F-S R2 |                                            |   |        | Power Dumbell<br>Tobi // 18:00-18:50 Uhr  |      | Dance<br>Stephen                             | +                       | F-S R2 | HYROX<br>18:30-19:30 Uhr                        |                       | F-A H3 |                                                        | Sport<br>Steigerung der sportartspezifischen Leistungsfähigkeit sowie individuelles Ausgleichs-/Regenerationstraining. |                                                                                                                                                        |  |
|             |                                                |   |        |                                            |   |        |                                           |      |                                              |                         |        |                                                 |                       |        | S                                                      |                                                                                                                        |                                                                                                                                                        |  |
| 19:05-19:55 | Bodyworkout<br>Sabrina // 19:10-20:00          |   | F-S R1 | Zumba<br>Jana                              |   | F-S R2 | Energy Dance<br>Wanja                     | +    | Indoor Cycling<br>Martina // 19:10-20:00 Uhr |                         | F-A R1 | Zumba<br>Jana                                   |                       | F-S R2 | Reformer<br>Pilates<br><br>Kurszeiten auf der Homepage | A                                                                                                                      | Athletik<br>Wettkampforientierte Verbesserung der körperlichen Leistungsfähigkeit durch Leistungssteigerung der motorischen Hauptbeanspruchungsformen. |  |
|             | Step Choreo<br>Andrea                          |   | F-S R2 | HYROX<br>Noah // 19:00-21:30 Uhr           |   | F-A H3 |                                           |      | Bodyworkout<br>Stephen                       |                         | F-S R2 |                                                 |                       |        |                                                        |                                                                                                                        |                                                                                                                                                        |  |
|             | Functional Training<br>Fréd // 19:30-20:15 Uhr |   | F-S H3 |                                            |   |        |                                           |      | HYROX<br>Jan // 19:30-21:30 Uhr              |                         | F-A H3 |                                                 |                       |        |                                                        |                                                                                                                        |                                                                                                                                                        |  |
| 20:05-20:55 | Yoga Intensiv<br>Andrea // 20:05-21:20 Uhr     |   | F-S R2 | Indoor Cycling<br>Fréd                     |   | F-S R1 | Energy Dance<br>Wanja                     | +    | Yoga<br>Birgit // 20:05-21:20 Uhr            | +                       | G-F R2 |                                                 |                       |        | AQUA-KURSE AUF SEPARATEM KURSPLAN.                     |                                                                                                                        |                                                                                                                                                        |  |
|             |                                                |   |        |                                            |   |        | Rückenfit<br>Fréd                         |      | F-A H2                                       |                         |        |                                                 |                       |        |                                                        |                                                                                                                        |                                                                                                                                                        |  |

| Uhrzeit     | MONTAG                                 |   |   | DIENSTAG                                 |   |   | MITTWOCH                                    |     |   | DONNERSTAG                                  |     |   | FREITAG |  |  | SAMSTAG |  |  |
|-------------|----------------------------------------|---|---|------------------------------------------|---|---|---------------------------------------------|-----|---|---------------------------------------------|-----|---|---------|--|--|---------|--|--|
| 8:45-9:30   |                                        |   |   |                                          |   |   | Aqua-Intervall<br>Claudia                   | G-F | B |                                             |     |   |         |  |  |         |  |  |
| 9:05-9:50   | Aqua-Jogging<br>Tine                   | G | B | Aqua-Gymnastik<br>Vivi                   | G | B | Aqua-Intervall<br>Claudia<br>9:35-10:20 Uhr | G-F | B | Aqua-Gymnastik<br>Steffi                    | G-F | B |         |  |  | SONNTAG |  |  |
| 10:05-10:50 | Aqua-Jogging<br>Tine<br>9:55-10:40 Uhr | G | B | Aqua-Gymnastik<br>Vivi<br>9:55-10:40 Uhr | G | B | Aqua-Gymnastik<br>Steffi<br>10:25-11:10 Uhr | G   | B | Aqua Hüfte/Knie<br>Steffi<br>9:55-10:40 Uhr | G   | B |         |  |  |         |  |  |
| 11:05-11:50 |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             |     |   |         |  |  |         |  |  |
|             |                                        |   |   |                                          |   |   |                                             |     |   |                                             | </  |   |         |  |  |         |  |  |