



# Grundplan Kurse Fitnesspark Heuwaage

## Kursplan ab 01. Januar 2025

Tag	Zeit	Lektion	Min	Raum	Instruktor	
<b>Montag</b>	08:05	Pilates	55	Gym 1	Olivia B.	
	08:15	Aqua Fitness	40	Pool	Smadar G.	
	09:10	Bodytoning	55	Gym 1	Olivia B.	
	09:10	ZUMBA®	55	Gym 2	Gloria R.	
	10:15	Vital Fit	55	Gym 1	Monika J.	
	10:15	Yoga (Kundalini)	85	Gym 2	Agnes W.	
	11:30	Coretraining	25	Gym 1	Claudia K.	
	12:15	Bodytoning	55	Gym 1	Claudia K.	
	12:15	Indoor Cycling	55	Gym 2	Petra B./Yari B.	
	14:15	Pilates	85	Gym 1	Olivia B.	
	14:15	Aqua Fitness	40	Pool	Sophie P.	
	17:10	Dance	55	Gym 1	Sibylle U.	
	17:10	Bodytoning	55	Gym 2	Paul G./Pol R.	
	18:15	Step	55	Gym 1	Pol R.	
	18:15	Indoor Cycling	55	Gym 2	Nathalie I.	
	19:30	Functional Fitness Indoor	55	Gym 1	Renato M.	
	19:30	MyPOWER®	55	Gym 2	Inna R.	
	20:35	Pilates	55	Gym 1	Sonja N.	
	<b>Dienstag</b>	08:15	Aqua Fitness	40	Pool	Jacqueline K.
		09:10	Dance	55	Gym 1	LadyLuz D.
09:10		Rückentraining	55	Gym 2	Jutta T.	
10:15		Pilates	55	Gym 1	Dietmar V.	
10:15		Aqua Fitness	40	Pool	Elahe B.	
12:15		Tae Bo	55	Gym 1	Jessy K.	
12:15		Pilates	55	Gym 2	Samantha M.	
14:15		Yoga	85	Gym 1	Luis G.	
17:10		TRX	55	Gym 1	Sascha G.	
17:10		ZUMBA®	55	Gym 2	<b>Franzi S.</b>	
18:15		Bauch, Beine, Po	55	Gym 1	Paul G.	
18:15		Dance	55	Gym 2	Sibylle U.	
18:15		Aqua Fitness	40	Pool	Elahe B.	
19:20		MyPOWER®	55	Gym 1	Inna R./Caroline E.	
19:20		Indoor Cycling	55	Gym 2	Röbi W./Roman M.	
20:25		Yoga	55	Gym 1	<b>Silvia F.</b>	
<b>Mittwoch</b>	08:05	<b>Rücken Bauch</b>	55	<b>Gym 1</b>	<b>Sascha G.</b>	
	08:05	Beckenboden	55	<b>Gym 2</b>	Sabrina S.	
	08:15	Aqua Fitness	40	Pool	Barbara W.	
	09:10	Vital Fit	55	Gym 1	Sandra K.	
	09:10	Yoga	55	Gym 2	Dietmar V.	
	10:15	ZUMBA®	55	Gym 1	Gloria R.	
	10:15	Aqua Fitness	40	Pool	Ruth O.	
	12:15	Power Yoga	55	Gym 1	Pamela S.	
	12:15	MyPOWER®	55	Gym 2	Pia B./Sabrina C.	
	12:15	Aqua Fitness	40	Pool	Petra B.	
	17:10	Dance	55	Gym 1	Pol R.	
	17:10	Jumping	55	Gym 2	Francoise S.	
	18:15	Functional Fitness Indoor	55	Gym 1	Claudia L.	
	18:15	Step	55	Gym 2	Sibylle U.	
	19:30	ZUMBA®	55	Gym 1	<b>Lise G.</b>	
	19:30	Tae Bo	55	Gym 2	Teo S.	



# Grundplan Kurse Fitnesspark Heuwaage

## Kursplan vom 01. Oktober bis 31. Dezember 2024

Tag	Zeit	Lektion	Min	Raum	Instruktor
Donnerstag	06:45	Yoga	55	Gym 1	Ursula W.
	08:05	Bodytoning	55	Gym 1	Nicole B.
	08:15	Aqua Fitness	40	Pool	Brigitte S.
	09:10	Pilates	55	Gym 1	Andrea B.
	09:10	Rücken Bauch	55	Gym 2	Jutta T.
	10:15	Power Yoga	55	Gym 1	Sandra K.
	10:15	Beckenboden	55	Gym 2	Sabrina S.
	12:15	Indoor Cyclong	55	Gym 1	Petra B.
	12:15	Jumping	55	Gym 2	Nicole G.
	14:15	Pilates	55	Gym 1	Claudia K.
	17:10	Bodytoning	55	Gym 1	Francoise S.
	18:15	MyPOWER®	55	Gym 1	Paul G.
	18:10	Pilates	55	Gym 2	Samantha M.
	19:20	TRX®	55	Gym 1	Samantha M.
	19:20	Indoor Cycling	55	Gym 2	Jana S.
	Freitag	08:15	Aqua Fitness	40	Pool
09:10		Dance	55	Gym 1	LadyLuz D.
09:10		Vital Fit	55	Gym 2	Monika J.
10:15		TRX®	40	Gym 1	Clemens W.
10:15		Pilates	55	Gym 2	Monika J.
10:15		Aqua Fitness	40	Pool	Barbara W.
11:05		Yoga	55	Gym 1	Clemens W.
12:15		Tae Bo	55	Gym 1	Zeljko M./Franz B.
12:15		Step	55	Gym 2	Sibylle U.
14:15		Aqua Fitness	40	Pool	Andrea T.
17:10		Dance	55	Gym 1	Pol R.
17:00		Indoor Cycling	55	Gym 2	Ilena A.
18:15		ZUMBA®	55	Gym 1	Franzi S.
18:15		Functional Fitness Indoor	55	Gym 2	Soraya R.
19:20		Yoga	55	Gym 1	Elena R.
Samstag		09:10	ZUMBA®	55	Gym 1
	10:15	Dance (Dance-Yoga)	55	Gym 1	Sabrina B.
	10:15	Bodytoning	55	Gym 2	Jeannette G./Sabrina C.
	10:15	Aqua Fitness	40	Pool	Team
	11:20	MyPOWER®	55	Gym 1	Paul G.
	11:20	deepWORK/	55	Gym 2	Gemma M./Jeannette G.
	12:30	Tae Bo	55	Gym 1	Gemma M./Team
	12:30	Jumping	55	Gym 2	Team
Sonntag	09:10	Power Yoga	55	Gym 1	Team
	09:10	Surprise/Step	55	Gym 2	Team/Sibylle U.
	10:15	Bauch, Beine, Po	55	Gym 1	Samantha M.
	10:15	Indoor Cycling	55	Gym 2	Team
	11:20	TRX®	55	Gym 1	Samantha M.
	12:30	Functional Fitness Indoor	55	Gym 1	Inna R./Kathrin L.
	12:30	Indoor Cycling	55/85	Gym 2	Team/Tobi S.

**Änderungen und Stellvertretungen findest du jeweils auf der FitnessparkApp oder auf der Website.**

