



Grundplan Group Fitness Fitnesspark Heuwaage

Kursplan ab 01. Februar 2025

1/2

| Tag | Zeit | Lektion | Min | Raum | Instruktor | |
|-----------------|-----------------|---------------------------|--------------|-------|---------------------|---------------|
| Montag | 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. | |
| | Dienstag | 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 | Franzi S. | |
| 18:15 | | Bauch, Beine, Po | 55 | Gym 1 | Paul G. | |
| 18:15 | | Dance | 55 | Gym 2 | Sibylle U. | |
| 18:30 | | Aqua Fitness | 40 | Pool | Lise G. | |
| 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 | Silvia F. | |
| Mittwoch | 08:05 | Rücken Bauch | 55 | Gym 1 | Sascha G. | |
| | 08:05 | Beckenboden | 55 | Gym 2 | 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 | Lise G. | |
| | 19:30 | Tae Bo | 55 | Gym 2 | Teo S. | |



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|-------------------|----------------|---------------------------|--------------|-------|-------------------------|------------|
| 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 | Barbara W. |
| | | 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 | Stéphanie S. | |
| 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 | 09:20 | ZUMBA® | 55 | Gym 1 | Maxi C. | |
| | 10:25 | DAYO (Dance-Yoga) | 55 | Gym 1 | Sabrina B. | |
| | 10:25 | Bodytoning | 55 | Gym 2 | Jeannette G./Sabrina C. | |
| | 10:25 | Aqua Fitness | 40 | Pool | Team | |
| | 11:30 | MyPOWER® | 55 | Gym 1 | Paul G. | |
| | 11:30 | deepWORK/ | 55 | Gym 2 | Gemma M./Jeannette G. | |
| | 12:40 | Tae Bo | 55 | Gym 1 | Gemma M./Team | |
| | 12:40 | Jumping | 55 | Gym 2 | Team | |
| Sonntag | 09:20 | Power Yoga | 55 | Gym 1 | Team | |
| | 09:20 | Surprise/Step/Aqua | 55 | Gym 2 | Team/Sibylle U./Lise G. | |
| | 10:25 | Bauch, Beine, Po | 55 | Gym 1 | Samantha M. | |
| | 10:25 | Indoor Cycling | 55 | Gym 2 | Team | |
| | 11:30 | TRX® | 55 | Gym 1 | Samantha M. | |
| | 12:40 | Functional Fitness Indoor | 55 | Gym 1 | Inna R./Kathrin L. | |
| | 12:40 | Indoor Cycling | 55/85 | Gym 2 | Team/Tobi S. | |

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

