



Grundplan Group Fitness Fitnesspark Heuwaage

Kursplan ab 13. Juli 2026

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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.	
	10:15	Vital Fit	55	Gym 1	Monika J.	
	12:15	Indoor Cycling	55	Gym 1	Petra B./Yari B.	
	14:15	Pilates	85	Gym 1	Olivia B.	
	14:15	Aqua Fitness	40	Pool	Sophie P.	
	17:10	Bodytoning	55	Gym 1	Paul G.	
	18:15	Indoor Cycling	55	Gym 1	Nathalie I.	
	Ab 17.8.2026	18:15	TRX	55	Fläche	Renato M.
	19:30	MyPOWER®	55	Gym 1	Inna R.	
	20:35	Pilates	55	Gym 1	Sonja N.	
Dienstag	08:05	Bodytoning	55	Gym 1	Beatriz D.	
	08:15	Aqua Fitness	40	Pool	Jacqueline K.	
	09:10	Dance	55	Gym 1	LadyLuz D.	
	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.	
	14:15	Yoga	85	Gym 1	Luis G.	
	17:10	Dance	55	Gym 1	Paul R.	
	18:15	Bauch, Beine, Po	55	Gym 1	Paul G.	
	18:40	Aqua Fitness	40	Pool	Lise G.	
	19:20	MyPOWER®	55	Gym 1	Inna R./Caroline E.	
	20:25	Yoga	55	Gym 1	Silvia F.	
Mittwoch	08:05	Beckenboden	55	Gym 1	Sabrina S.	
	08:15	Aqua Fitness/ Aqua ZUMBA®	40	Pool	Beatriz D. / Michele S.	
	09:10	Vital Fit	55	Gym 1	Sandra K.	
	10:15	ZUMBA®	55	Gym 1	Gloria R.	
	10:15	Aqua Fitness	40	Pool	Ruth O.	
	11:20	Power Yoga	40	Gym 1	Pamela S.	
	12:15	MyPOWER®	55	Gym 1	Pia B./Sabrina C.	
	12:15	Aqua Fitness	40	Pool	Petra B.	
	17:10	Dance	55	Gym 1	Sibylle U.	
	Ab 17.8.2026	18:15	TRX	55	Fläche	Claudia L.
		18:15	Step	55	Gym 1	Sibylle U.
		19:30	Pilates	55	Gym1	Claudia L.



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Tag	Zeit	Lektion	Min	Raum	Instruktor	
Donnerstag	08:05	Bodytoning	55	Gym 1	Nicole B.	
	08:15	Aqua Fitness	40	Pool	Olivia R.	
	09:10	Pilates	55	Gym 1	Andrea B.	
	10:15	Power Yoga	55	Gym 1	Sandra K.	
	11:20	Move 'n' Dance	55	Gym 1	Maxi C.	
	12:30	Indoor Cycling	55	Gym 1	Petra B.	
	13:35	Bauch, Beine, Po	55	Gym 1	Claudia K.	
	14:35	Pilates	55	Gym 1	Claudia K.	
	17:10	Dance	55	Gym 1	Sibylle U.	
	18:15	MyPOWER®	55	Gym 1	Paul G.	
	Ab 17.8.2026	19:20	Functional Fitness Indoor	55	Fläche	Team
	19:20	Indoor Cycling	55	Gym 1	Jana S.	
Freitag	08:15	Aqua Fitness	40	Pool	Barbara W.	
	09:10	Vital Fit	55	Gym 1	Monika J.	
	Ab 17.8.2026	10:15	TRX®	55	Fläche	Clemens W.
		10:10	Pilates	55	Gym 1	Monika J.
		10:15	Aqua Fitness	40	Pool	Barbara W.
		11:10	Yoga	55	Gym 1	Clemens W.
		12:15	Tae Bo	55	Gym 1	Zeljko M./Franz B.
		14:15	Aqua Fitness	40	Pool	Andrea T.
		17:10	Bodytoning	55	Gym 1	Franzi S.
		18:15	ZUMBA®	55	Gym 1	Franzi S. / Candy L
	Ab 17.8.2026	18:15	Functional Fitness Indoor	55	Fläche	Team
	19:20	Yoga	55	Gym 1	Elena R.	
Samstag	09:10	Move 'n' Dance	55	Gym 1	Maxi C.	
	10:10	MyPOWER®	55	Gym 1	Paul G.	
	10:25	Aqua Fitness	40	Pool	Beatriz D.	
	11:15	Bodytoning / deep WORK	55	Gym 1	Jeannette G./ Gemma M	
	12:20	Tae Bo/ MyBOOTY / Coretraining	55	Gym 1	Gemma M./Jeannette G.	
Sonntag	09:20	Indoor Cycling	55	Gym 1	Claudia L./Jana S.	
	10:25	Bauch, Beine, Po	55	Gym 1	Samantha M.	
	11:30	MyBOOTY	25	Gym 1	Jeannette G.	
	Ab 17.8.2026	11:30	TRX®	55	Fläche	Samantha M.
		12:00	Coretraining	25	Gym 1	Jeannette G.
	12:30	Move 'n' Dance	55	Gym 1	Gloria R./ Lise G.	



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