



Stand: 10.09.2026 21:11 Uhr



| MONTAG                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | DIENSTAG                                                                                                                                                                                                                                                                                                  | MITTWOCH                                                                                                                                                                                                      | DONNERSTAG                                                                                                                                                                                             | FREITAG                                                           | SAMSTAG                                                           | SONNTAG                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|
| 27.07.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 28.07.                                                                                                                                                                                                                                                                                                    | 29.07.                                                                                                                                                                                                        | 30.07.                                                                                                                                                                                                 | 31.07.                                                            | 01.08.                                                            | 02.08.                                                            |
| <div>08:45-09:30<br/>Reha-Sport<br/>auf Krankenkassenrezept</div> <div>09:00-10:00<br/>Yoga am Morgen</div> <div>10:15-11:00<br/>Reha-Sport<br/>auf Krankenkassenrezept</div> <div>18:15-19:00<br/>PI-YO-CO<br/>Pilates Yoga Core</div> <div>19:15-20:15<br/>Bauch-Beine-Po</div>                                                                                                                                                                                                                                        | <div>08:45-09:30<br/>Best Age - Vital &amp; Mobil - 60+</div> <div>16:30-17:15<br/>Reha-Sport<br/>auf Krankenkassenrezept</div> <div>17:30-18:15<br/>Reha-Sport<br/>auf Krankenkassenrezept</div> <div>18:30-19:30<br/>Yoga Vinyasa Flow</div> <div>19:15-20:15<br/>Hot Iron<br/>Langhanteltraining</div> | <div>08:45-09:45<br/>Pilates Matte</div> <div>18:00-19:00<br/>Rückenfit meets Physiofitness</div> <div>19:15-20:00<br/>HITT meets Faszien</div> <div>19:15-20:15<br/>Commercial - Tanzen für Erwachsene</div> | <div>08:45-09:45<br/>Bauch   Beckenboden   Rücken</div> <div>10:00-11:00<br/>Yoga Balance</div> <div>17:30-18:30<br/>Pilates Matte</div> <div>18:45-19:30<br/>BoCaLethics<br/>Boot Camp Athletic</div> | <div>Heute keine Kurse.<br/>Schon unsere Aktionen entdeckt?</div> | <div>Heute keine Kurse.<br/>Schon unsere Aktionen entdeckt?</div> | <div>Heute keine Kurse.<br/>Schon unsere Aktionen entdeckt?</div> |
| <div>Öffnungszeiten</div> <div>27.07. - 02.08.2020</div> <div><div>Mo 27.07.</div><div>08:30-11:30   13:00-21:30</div></div> <div><div>Di 28.07.</div><div>08:30-11:30   16:00-21:30</div></div> <div><div>Mi 29.07.</div><div>08:30-11:30   13:00-21:30</div></div> <div><div>Do 30.07.</div><div>08:30-11:30   16:00-21:30</div></div> <div><div>Fr 31.07.</div><div>08:30-11:30   13:00-21:00</div></div> <div><div>Sa 01.08.</div><div>08:30-14:30</div></div> <div><div>So 02.08.</div><div>08:30-13:00</div></div> |                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                               |                                                                                                                                                                                                        |                                                                   |                                                                   |                                                                   |