



Stand: 06.09.2026 08:03 Uhr

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| MONTAG                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | DIENSTAG                                                                                                                                                                                                                                                                                                                                                                                                                           | MITTWOCH                                                                                                                                                                                                                                                                                            | DONNERSTAG                                                                                                                                                                                                                                                                                         | FREITAG                                                                                              | SAMSTAG                                                                                              | SONNTAG                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <div>01.11.</div> <div><div>08:45-09:30</div><div>Reha-Sport</div><div>auf Krankenkassenrezept</div></div> <div><div>09:00-10:00</div><div>Yoga am Morgen</div></div> <div><div>10:15-11:00</div><div>Reha-Sport</div><div>auf Krankenkassenrezept</div></div> <div><div>18:15-19:00</div><div>PI-YO-CO</div><div>Pilates Yoga Core</div></div> <div><div>19:15-20:15</div><div>Bauch-Beine-Po</div></div>                                                                                                               | <div>02.11.</div> <div><div>08:45-09:30</div><div>Best Age - Vital &amp; Mobil - 60+</div></div> <div><div>16:30-17:15</div><div>Reha-Sport</div><div>auf Krankenkassenrezept</div></div> <div><div>17:30-18:15</div><div>Reha-Sport</div><div>auf Krankenkassenrezept</div></div> <div><div>18:30-19:30</div><div>Yoga Vinyasa Flow</div></div> <div><div>19:15-20:15</div><div>Hot Iron</div><div>Langhanteltraining</div></div> | <div>03.11.</div> <div><div>08:45-09:45</div><div>Pilates Matte</div></div> <div><div>18:00-19:00</div><div>Rückenfit meets Physiofitness</div></div> <div><div>19:15-20:15</div><div>Commercial - Tanzen für Erwachsene</div></div> <div><div>19:15-20:00</div><div>HITT meets Faszien</div></div> | <div>04.11.</div> <div><div>08:45-09:45</div><div>Bauch   Beckenboden   Rücken</div></div> <div><div>10:00-11:00</div><div>Yoga Balance</div></div> <div><div>17:30-18:30</div><div>Pilates Matte</div></div> <div><div>18:45-19:30</div><div>BoCaLethics</div><div>Boot Camp Athletic</div></div> | <div>05.11.</div> <div><div>Heute keine Kurse.</div><div>Schon unsere Aktionen entdeckt?</div></div> | <div>06.11.</div> <div><div>Heute keine Kurse.</div><div>Schon unsere Aktionen entdeckt?</div></div> | <div>07.11.</div> <div><div>Heute keine Kurse.</div><div>Schon unsere Aktionen entdeckt?</div></div> |
| <div>Öffnungszeiten</div> <div>01.11. - 07.11.2021</div> <div><div>Mo 01.11.</div><div>08:30-11:30   13:00-21:30</div></div> <div><div>Di 02.11.</div><div>08:30-11:30   16:00-21:30</div></div> <div><div>Mi 03.11.</div><div>08:30-11:30   13:00-21:30</div></div> <div><div>Do 04.11.</div><div>08:30-11:30   16:00-21:30</div></div> <div><div>Fr 05.11.</div><div>08:30-11:30   13:00-21:00</div></div> <div><div>Sa 06.11.</div><div>08:30-14:30</div></div> <div><div>So 07.11.</div><div>08:30-13:00</div></div> |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                    |                                                                                                      |                                                                                                      |                                                                                                      |