



Aktuell, kompakt und direkt aus dem MOVIN-System

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| MONTAG                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | DIENSTAG                                                          | MITTWOCH                                                      | DONNERSTAG                                                    | FREITAG                                                           | SAMSTAG                                                           | SONNTAG                                                           |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-----------|---------------------------|-----------|---------------------------|-----------|---------------------------|-----------|---------------------------|-----------|---------------------------|-----------|-------------|-----------|-------------|
| 29.08.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 30.08.                                                            | 31.08.                                                        | 01.09.                                                        | 02.09.                                                            | 03.09.                                                            | 04.09.                                                            |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| <div>08:45-09:30<br/>Reha-Sport<br/>auf Krankenkassenrezept</div>                                                                                                                                                                                                                                                                                                                                                                                                                       | <div>08:45-09:30<br/>Best Age - Vital &amp; Mobil - 60+</div>     | <div>08:45-09:45<br/>Pilates Matte</div>                      | <div>08:45-09:45<br/>Bauch   Beckenboden   Rücken</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>09:00-10:00<br/>Yoga am Morgen</div>                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div>16:30-17:15<br/>Reha-Sport<br/>auf Krankenkassenrezept</div> | <div>18:00-19:00<br/>Rückenfit meets Physiofitness</div>      | <div>10:00-11:00<br/>Yoga Balance</div>                       |                                                                   |                                                                   |                                                                   |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| <div>10:15-11:00<br/>Reha-Sport<br/>auf Krankenkassenrezept</div>                                                                                                                                                                                                                                                                                                                                                                                                                       | <div>17:30-18:15<br/>Reha-Sport<br/>auf Krankenkassenrezept</div> | <div>19:15-20:15<br/>Commercial - Tanzen für Erwachsene</div> | <div>17:30-18:30<br/>Pilates Matte</div>                      |                                                                   |                                                                   |                                                                   |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| <div>18:15-19:00<br/>PI-YO-CO<br/>Pilates Yoga Core</div>                                                                                                                                                                                                                                                                                                                                                                                                                               | <div>18:30-19:30<br/>Yoga Vinyasa Flow</div>                      | <div>19:15-20:00<br/>HITT meets Faszien</div>                 | <div>18:45-19:30<br/>BoCaLethics<br/>Boot Camp Athletic</div> |                                                                   |                                                                   |                                                                   |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| <div>19:15-20:15<br/>Bauch-Beine-Po</div>                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div>19:15-20:15<br/>Hot Iron<br/>Langhanteltraining</div>        |                                                               |                                                               |                                                                   |                                                                   |                                                                   |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| <div>Öffnungszeiten</div> <div>29.08. - 04.09.2022</div> <table><tr><td>Mo 29.08.</td><td>08:30-11:30   13:00-21:30</td></tr><tr><td>Di 30.08.</td><td>08:30-11:30   16:00-21:30</td></tr><tr><td>Mi 31.08.</td><td>08:30-11:30   13:00-21:30</td></tr><tr><td>Do 01.09.</td><td>08:30-11:30   16:00-21:30</td></tr><tr><td>Fr 02.09.</td><td>08:30-11:30   13:00-21:00</td></tr><tr><td>Sa 03.09.</td><td>08:30-14:30</td></tr><tr><td>So 04.09.</td><td>08:30-13:00</td></tr></table> |                                                                   |                                                               |                                                               |                                                                   |                                                                   |                                                                   | Mo 29.08. | 08:30-11:30   13:00-21:30 | Di 30.08. | 08:30-11:30   16:00-21:30 | Mi 31.08. | 08:30-11:30   13:00-21:30 | Do 01.09. | 08:30-11:30   16:00-21:30 | Fr 02.09. | 08:30-11:30   13:00-21:00 | Sa 03.09. | 08:30-14:30 | So 04.09. | 08:30-13:00 |
| Mo 29.08.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-11:30   13:00-21:30                                         |                                                               |                                                               |                                                                   |                                                                   |                                                                   |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Di 30.08.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-11:30   16:00-21:30                                         |                                                               |                                                               |                                                                   |                                                                   |                                                                   |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Mi 31.08.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-11:30   13:00-21:30                                         |                                                               |                                                               |                                                                   |                                                                   |                                                                   |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Do 01.09.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-11:30   16:00-21:30                                         |                                                               |                                                               |                                                                   |                                                                   |                                                                   |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Fr 02.09.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-11:30   13:00-21:00                                         |                                                               |                                                               |                                                                   |                                                                   |                                                                   |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Sa 03.09.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-14:30                                                       |                                                               |                                                               |                                                                   |                                                                   |                                                                   |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| So 04.09.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-13:00                                                       |                                                               |                                                               |                                                                   |                                                                   |                                                                   |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |