



# Fitnesskursplan

07.10. - 13.10.2024

Stand: 29.08.2026 20:42 Uhr

Aktuell, kompakt und direkt aus dem MOVIN-System

## KONTAKT

Wilhelmstraße 21/1  
74564 Crailsheim

+49 (0) 7951 27 93 10  
info@movin-crailsheim.de  
WhatsApp: +49 155 63957631

## WHATSAPP & INSTAGRAM

Instagram: @movin\_fitness  
WhatsApp-Kanal: News, Aktionen  
& Updates aus dem Studio  
QR-Code scannen und direkt folgen



| MONTAG<br>07.10.                                                                                                                                                                                                                                                                                                               | DIENSTAG<br>08.10.                                                                                                                                                                                                                                                                                                                                     | MITTWOCH<br>09.10.                                                                                                                                                                                            | DONNERSTAG<br>10.10.                                                                                                                                                                                                  | FREITAG<br>11.10.                                                                | SAMSTAG<br>12.10.                                                                | SONNTAG<br>13.10.                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
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| <div>08:45-09:30<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></div> <div>09:00-10:00<br/>Yoga am Morgen</div> <div>10:15-11:00<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></div> <div>18:15-19:00<br/>PI-YO-CO<br/><small>Pilates Yoga Core</small></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/><small>auf Krankenkassenrezept</small></div> <div>17:30-18:15<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></div> <div>18:30-19:30<br/>Yoga Vinyasa Flow</div> <div>19:15-20:15<br/>Hot Iron<br/><small>Langhanteltraining</small></div> | <div>08:45-09:45<br/>Pilates Matte</div> <div>18:00-19:00<br/>Rückenfit meets Physiofitness</div> <div>19:15-20:15<br/>Commercial - Tanzen für Erwachsene</div> <div>19:15-20:00<br/>HITT meets Faszien</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/><small>Boot Camp Athletic</small></div> | <div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div> | <div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div> | <div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div>                                                                                                                                                                                                                                                                                                                                                                                                        |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
|                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                                  |                                                                                  | <div>Öffnungszeiten</div> <div>07.10. - 13.10.2024</div> <table><tr><td>Mo 07.10.</td><td>08:30-11:30   13:00-21:30</td></tr><tr><td>Di 08.10.</td><td>08:30-11:30   16:00-21:30</td></tr><tr><td>Mi 09.10.</td><td>08:30-11:30   13:00-21:30</td></tr><tr><td>Do 10.10.</td><td>08:30-11:30   16:00-21:30</td></tr><tr><td>Fr 11.10.</td><td>08:30-11:30   13:00-21:00</td></tr><tr><td>Sa 12.10.</td><td>08:30-14:30</td></tr><tr><td>So 13.10.</td><td>08:30-13:00</td></tr></table> | Mo 07.10. | 08:30-11:30   13:00-21:30 | Di 08.10. | 08:30-11:30   16:00-21:30 | Mi 09.10. | 08:30-11:30   13:00-21:30 | Do 10.10. | 08:30-11:30   16:00-21:30 | Fr 11.10. | 08:30-11:30   13:00-21:00 | Sa 12.10. | 08:30-14:30 | So 13.10. | 08:30-13:00 |
| Mo 07.10.                                                                                                                                                                                                                                                                                                                      | 08:30-11:30   13:00-21:30                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                                  |                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Di 08.10.                                                                                                                                                                                                                                                                                                                      | 08:30-11:30   16:00-21:30                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                                  |                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Mi 09.10.                                                                                                                                                                                                                                                                                                                      | 08:30-11:30   13:00-21:30                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                                  |                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Do 10.10.                                                                                                                                                                                                                                                                                                                      | 08:30-11:30   16:00-21:30                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                                  |                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Fr 11.10.                                                                                                                                                                                                                                                                                                                      | 08:30-11:30   13:00-21:00                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                                  |                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Sa 12.10.                                                                                                                                                                                                                                                                                                                      | 08:30-14:30                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                                  |                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| So 13.10.                                                                                                                                                                                                                                                                                                                      | 08:30-13:00                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                                  |                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |