



Stand: 27.08.2026 10:39 Uhr

## KONTAKT

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| MONTAG                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | DIENSTAG                                                                                                                                                                                                                                                                                                                                                                        | MITTWOCH                                                                                                                                                                                                                                | DONNERSTAG                                                                                                                                                                                                                                      | FREITAG                                                                                                       | SAMSTAG                                                                                                       | SONNTAG                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <div>12.04.</div> <div><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>                                                                                                                                                                  | <div>13.04.</div> <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> | <div>14.04.</div> <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> | <div>15.04.</div> <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> | <div>16.04.</div> <div><div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div></div> | <div>17.04.</div> <div><div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div></div> | <div>18.04.</div> <div><div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div></div> |
| <div>Öffnungszeiten</div> <div>12.04. - 18.04.2027</div> <div><div>Mo 12.04.</div><div>08:30-11:30   13:00-21:30</div></div> <div><div>Di 13.04.</div><div>08:30-11:30   16:00-21:30</div></div> <div><div>Mi 14.04.</div><div>08:30-11:30   13:00-21:30</div></div> <div><div>Do 15.04.</div><div>08:30-11:30   16:00-21:30</div></div> <div><div>Fr 16.04.</div><div>08:30-11:30   13:00-21:00</div></div> <div><div>Sa 17.04.</div><div>08:30-14:30</div></div> <div><div>So 18.04.</div><div>08:30-13:00</div></div> |                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                 |                                                                                                               |                                                                                                               |                                                                                                               |