



# Fitnesskursplan

20.12. - 26.12.2027

Stand: 29.08.2026 16:44 Uhr

Aktuell, kompakt und direkt aus dem MOVIN-System

## KONTAKT

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## WHATSAPP & INSTAGRAM

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



| MONTAG<br>20.12.                                                                                                                                                                                                                                                                                                                      | DIENSTAG<br>21.12.                                                                                                                                                                                                                                                                                                                                            | MITTWOCH<br>22.12.                                                                                                                                                                                                    | DONNERSTAG<br>23.12.                                                                                                                                                                                                          | FREITAG<br>24.12.                                                                           | SAMSTAG<br>25.12.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | SONNTAG<br>26.12. |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |                                                                                             |
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| <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><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><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> | <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><div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div></div> | <div><div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div></div> <div><div>Öffnungszeiten</div><div>20.12. - 26.12.2027</div><table><tr><td>Mo 20.12.</td><td>08:30-11:30   13:00-21:30</td></tr><tr><td>Di 21.12.</td><td>08:30-11:30   16:00-21:30</td></tr><tr><td>Mi 22.12.</td><td>08:30-11:30   13:00-21:30</td></tr><tr><td>Do 23.12.</td><td>08:30-11:30   16:00-21:30</td></tr><tr><td>Fr 24.12.</td><td>08:30-11:30   13:00-21:00</td></tr><tr><td>Sa 25.12.</td><td>08:30-14:30</td></tr><tr><td>So 26.12.</td><td>08:30-13:00</td></tr></table></div> | Mo 20.12.         | 08:30-11:30   13:00-21:30 | Di 21.12. | 08:30-11:30   16:00-21:30 | Mi 22.12. | 08:30-11:30   13:00-21:30 | Do 23.12. | 08:30-11:30   16:00-21:30 | Fr 24.12. | 08:30-11:30   13:00-21:00 | Sa 25.12. | 08:30-14:30 | So 26.12. | 08:30-13:00 | <div><div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div></div> |
| Mo 20.12.                                                                                                                                                                                                                                                                                                                             | 08:30-11:30   13:00-21:30                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                       |                                                                                                                                                                                                                               |                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |                                                                                             |
| Di 21.12.                                                                                                                                                                                                                                                                                                                             | 08:30-11:30   16:00-21:30                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                       |                                                                                                                                                                                                                               |                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |                                                                                             |
| Mi 22.12.                                                                                                                                                                                                                                                                                                                             | 08:30-11:30   13:00-21:30                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                       |                                                                                                                                                                                                                               |                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |                                                                                             |
| Do 23.12.                                                                                                                                                                                                                                                                                                                             | 08:30-11:30   16:00-21:30                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                       |                                                                                                                                                                                                                               |                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |                                                                                             |
| Fr 24.12.                                                                                                                                                                                                                                                                                                                             | 08:30-11:30   13:00-21:00                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                       |                                                                                                                                                                                                                               |                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |                                                                                             |
| Sa 25.12.                                                                                                                                                                                                                                                                                                                             | 08:30-14:30                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                       |                                                                                                                                                                                                                               |                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |                                                                                             |
| So 26.12.                                                                                                                                                                                                                                                                                                                             | 08:30-13:00                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                       |                                                                                                                                                                                                                               |                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |                                                                                             |