



# Fitnesskursplan

29.01. - 04.02.2035

Stand: 21.09.2026 02:00 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | DIENSTAG                                                                         | MITTWOCH                                                      | DONNERSTAG                                                                   | FREITAG                                      | SAMSTAG                                                                          | SONNTAG                                                                          |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------|---------------------------|-----------|---------------------------|-----------|---------------------------|-----------|---------------------------|-----------|---------------------------|-----------|-------------|-----------|-------------|
| 29.01.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 30.01.                                                                           | 31.01.                                                        | 01.02.                                                                       | 02.02.                                       | 03.02.                                                                           | 04.02.                                                                           |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| <div>08:45-09:30<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></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>18:00-19:00<br/>Yoga Vinyasa Flow</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>09:00-10:00<br/>Yoga am Morgen</div>                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div>16:30-17:15<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></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/><small>auf Krankenkassenrezept</small></div>                                                                                                                                                                                                                                                                                                                                                                                                        | <div>17:30-18:15<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></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/><small>Pilates Yoga Core</small></div>                                                                                                                                                                                                                                                                                                                                                                                                                | <div>19:15-20:15<br/>Hot Iron<br/><small>Langhanteltraining</small></div>        | <div>19:15-20:00<br/>Step Aerobic</div> <div>NEUER KURS</div> | <div>18:45-19:30<br/>BoCaLethics<br/><small>Boot Camp Athletic</small></div> |                                              |                                                                                  |                                                                                  |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| <div>19:15-20:15<br/>Bauch-Beine-Po</div>                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                  |                                                               |                                                                              |                                              |                                                                                  |                                                                                  |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| <div>Öffnungszeiten</div> <div>29.01. - 04.02.2035</div> <table><tr><td>Mo 29.01.</td><td>08:30-11:30   13:00-21:30</td></tr><tr><td>Di 30.01.</td><td>08:30-11:30   16:00-21:30</td></tr><tr><td>Mi 31.01.</td><td>08:30-11:30   13:00-21:30</td></tr><tr><td>Do 01.02.</td><td>08:30-11:30   16:00-21:30</td></tr><tr><td>Fr 02.02.</td><td>08:30-11:30   13:00-21:00</td></tr><tr><td>Sa 03.02.</td><td>08:30-14:30</td></tr><tr><td>So 04.02.</td><td>08:30-13:00</td></tr></table> |                                                                                  |                                                               |                                                                              |                                              |                                                                                  |                                                                                  | Mo 29.01. | 08:30-11:30   13:00-21:30 | Di 30.01. | 08:30-11:30   16:00-21:30 | Mi 31.01. | 08:30-11:30   13:00-21:30 | Do 01.02. | 08:30-11:30   16:00-21:30 | Fr 02.02. | 08:30-11:30   13:00-21:00 | Sa 03.02. | 08:30-14:30 | So 04.02. | 08:30-13:00 |
| Mo 29.01.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-11:30   13:00-21:30                                                        |                                                               |                                                                              |                                              |                                                                                  |                                                                                  |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Di 30.01.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-11:30   16:00-21:30                                                        |                                                               |                                                                              |                                              |                                                                                  |                                                                                  |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Mi 31.01.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-11:30   13:00-21:30                                                        |                                                               |                                                                              |                                              |                                                                                  |                                                                                  |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Do 01.02.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-11:30   16:00-21:30                                                        |                                                               |                                                                              |                                              |                                                                                  |                                                                                  |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Fr 02.02.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-11:30   13:00-21:00                                                        |                                                               |                                                                              |                                              |                                                                                  |                                                                                  |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| Sa 03.02.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-14:30                                                                      |                                                               |                                                                              |                                              |                                                                                  |                                                                                  |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |
| So 04.02.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 08:30-13:00                                                                      |                                                               |                                                                              |                                              |                                                                                  |                                                                                  |           |                           |           |                           |           |                           |           |                           |           |                           |           |             |           |             |