



# FITNESSPROGRAMM 2025/2026 AB MÄRZ 2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	<b>F33: 08.00-09.00</b> Body & Dumbbells <i>Ines</i>					
	<b>F26: 09.00-10.00</b> Morning Pilates <i>Jelena</i>	<b>F19: 09.00-10.00</b> Power Pilates <i>Jelena</i>	<b>F12: 09.00-10.00</b> Fitness Circle <i>Jelena</i>	<b>F22: 09.00-10.00</b> Intervall Fatburning <i>Anna</i>		
<b>F1: 09.30-11.00</b> Ashtanga Vinyasa Yoga <i>Christiane</i>	<b>A1: 10.30-11.15</b> Aqua Gym <i>Helga</i>	<b>F5: 10.00-11.00</b> Pilates <i>Jelena</i>	<b>F30: 10.00-11.00</b> Pilates & Stretching <i>Jelena</i>	<b>F13: 10.00-11.00</b> Pilates <i>Jelena</i>	<b>F15: 10.00-11.00</b> Rückenfit & Stretching <i>Karin</i>	<b>F24: 10.00-11.00</b> Salsation <i>Marlene</i>
<b>F28: 11.00-12.00</b> QiGong <i>Irmgard</i>	<b>A2: 11.30-12.15</b> Aqua Gym <i>Helga</i>	<b>F6: 11.00-12.30</b> Medical Yoga <i>Michel</i>	<b>A5: 11.10-11.55</b> Aqua Fit <i>Jelena</i>	<b>F9: 11.00-12.00</b> Rückenfit <i>Benni</i>	<b>F23: 11.00-12.00</b> Senioren BBP <i>Petra</i>	<b>A4: 11.10-11.55</b> Aqua Fit <i>Jelena</i>
					<b>F16: 11.30-13.00</b> Medical Yoga <i>Michel</i>	<b>F20: 11.00-12.00</b> Bauch Bein Po <i>Petra</i>
						<b>F27: 12.00-13.00</b> Yoga Ausklang <i>Petra</i>
<b>F2: 17.00-18.00</b> Body Work <i>Helga</i>					<b>F17: 17.00-18.00</b> Bauch Bein Po <i>Milena</i>	
<b>F3: 18.00-19.00</b> Salsation <i>Catarina</i>	<b>A3: 18.10-18.55</b> Aqua Gym <i>Helga</i>	<b>F7: 18.00-19.00</b> Bauch Bein Po <i>Petra</i>	<b>F10: 18.00-19.00</b> Step Aerobic mit HIIT <i>Petra</i>	<b>F21: 18.00-19.00</b> Fitness & Cardio <i>Petra</i>	<b>F18: 18.00-19.00</b> Pilates <i>Milena</i>	
<b>F4: 19.00-20.00</b> Rückenfit <i>Karin</i>	<b>F25: 19.00-20.00</b> Mobilisierung & Dehnen <i>Melanie</i>	<b>F14: 19.00-20.00</b> Salsation <i>Marlene</i>	<b>F11: 19.00-20.00</b> Yin Yoga <i>Benni</i>			
<b>S1a: 20.00-21.00</b> Karate <i>Ulrich</i>			<b>S1b: 20.00-21.00</b> Karate <i>Ulrich</i>			



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