

FITNESS FORUM
 Weilmordorf Fitness- & Gesundheitsstudio
KURSPLAN

07.11.2025

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sa.	Sonntag
10:00-10:40 HerzKreislauf- u. Krafttraining <i>Anja</i>	09:30-10:35 Bodytone/Tabata <i>Nicole</i>	08:45-09:30 Gesunder Alltag <i>Conny</i>	9:00-9:55 Yoga <i>Kim</i>	09:00-09:45 Gesunder Alltag <i>Conny</i>		10:30-11:30 Indoor-Cycling nach Aushang <i>Andi/Bernd</i>
		10:00-10:45 Rehasport		10:00-10:45 Rehasport		
10:45-11:30 Stabilisations- u. Mobilisationstraining <i>Anja</i>	10:40-11:00 Mobilisation/ Stretching <i>Nicole</i>	10:00-11:00 Qi Gong <i>Gaby</i>	10:00-10:55 Rückenfit <i>Kim</i>			
		11:00-12:00 Jeden 1. Mi./Monat: Pilates <i>Moni M</i>	11:00-11:30 Stretch & relax <i>Kim</i>			
15:00-15:45 Rehasport	15:00-15:45 Rehasport	17:00-17:45 Rehasport	16:00-16:45 Rehasport			
16:00-16:45 Rehasport	16:00-16:45 Rehasport	18:00-18:45 Rehasport				
17:00-18:25 Fitnesport <i>Panja/Christine</i>	17:15-17:55 Rückenfit <i>Christine</i>	17:45-19:00 Tai Chi <i>Gabi</i>	18:00-18:55 Hot Iron <i>Panja</i>	17:00-18:00 Yoga <i>Christine</i>		
18:30-19:25 Body Art <i>Christine</i>	18:00-19:00 deepWork <i>Christine</i>	19:00-19:45 HerzKreislauf- u. Krafttraining <i>Anja</i>	19:00-20:00 Indoor-Cycling <i>Andi/Bernd</i>			
19:30-20:30 Indoor-Cycling <i>Jörg</i>		19:45-20:30 Stabilisations- u. Mobilisationstraining <i>Anja</i>				Jeden Mittwoch 10:30- 11:30 Seegymnastik FiFo-Trainer

QI GONG startet am 07.01.2026