

FITNESS FORUM

Weilimdorf Fitness- & Gesundheitsstudio

KURSPLAN

20.04.2026

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		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				
17:30–18:25 Fitnesssport <i>Christine</i>	17:15–17:55 Rückenfit <i>Christine</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>		18:00–19:00 Funktionelles Zirkeltraining <i>Klaus</i>			
19:30–20:30 Indoor-Cycling <i>Jörg</i>			19:00–20:00 Indoor-Cycling <i>Andi/Bernd</i>			Jeden Mittwoch 10:30– 11:30 Seegymnastik <i>Moni B.</i>