

|       | Montag                          |                     | Dienstag                | Mittwoch                        |         | Donnerstag              |         | Freitag    | Samstag    |
|-------|---------------------------------|---------------------|-------------------------|---------------------------------|---------|-------------------------|---------|------------|------------|
| 8:00  |                                 |                     |                         |                                 |         |                         |         | BodyArt    |            |
| 9:00  | Rückenfit                       | Yoga für Schwangere | MamaFIT+ (mit Kind)     | FIT&Mobil im Alter              |         | Beckenbodentraining     |         | BodyArt    | KettleFIT  |
| 10:00 | Rückenfit                       | KindFIT (Kind+Mama) | MamaFIT (mit/ohne Kind) | Yoga für Schwangere             |         | MamaFIT+ (mit Kind)     |         |            | FUNctional |
| 11:00 | FUNctional (Schwangere & Mamas) |                     | Beckenboden-training    | FUNctional (Schwangere & Mamas) |         | MamaFIT (mit/ohne Kind) |         |            |            |
| 12:00 | FUNctional Mittagspause         |                     |                         |                                 |         | FUNctional Mittagspause |         |            |            |
| 13:00 |                                 |                     |                         |                                 |         |                         |         |            |            |
| 14:00 |                                 |                     |                         | FUNctional KIDS (5 bis 6 Jahre) |         |                         |         |            |            |
| 15:00 |                                 |                     |                         | FUNctional KIDS (7 bis 9 Jahre) |         |                         |         |            |            |
| 16:00 | Spitzen-/Leistungssport         |                     |                         |                                 |         |                         |         | FUNctional |            |
| 17:00 | FUNctional                      | Pilates             | FUNctional              | AS Medizintech.                 | BodyArt | KettleFIT               |         |            |            |
| 18:00 | KettleFIT                       | Pilates Power       | FUNctional              | KettleFIT                       | BodyArt | KettleFIT               | BodyArt |            |            |
| 19:00 | FUNctional                      |                     | KettleFIT               | BodyArt/DeepWork                |         | FUNctional              |         |            |            |
| 20.00 |                                 |                     | FUNctional              |                                 |         | FUNctional (ausgebucht) |         |            |            |

Unsere starken  
Partner:

