

# Öffnungszeiten/Kursplan

Tag/ Uhrzeit	MO	DI	MI	DO	FR	SA
08:00	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00	08.00 - 13.00
08:30						
09:00						
09:30	09.30 - 10.30	09.30 - 10.30	09.30 - 10.30	09.30 - 10.30		
10:00	LMI STEP	Gelenks-Fit	LMI STEP	Gelenks-Fit		10.00 - 11.00
10:30						Core-Training
11:00						
11:30						
12:00						12.00 - 13.00
12:30						BODYPUMP
13:00						
13:30						
14:00	14.00 - 16.00				14.00 - 15.00	
14:30	betreuungsfreie Zeit				BODYBALANCE	
15:00						
15:30						
16:00	16.00 - 21.00	16.00 - 21.00	16.00 - 21.00	16.00 - 21.00	16.00 - 21.00	
16:30	16.30 - 17.30	16.30 - 17.30		16.30 - 17.30		
17:00	BODYPUMP	Core-Training	17.00 - 18.00	BODYPUMP		
17:30			BODYBALANCE		17.30 - 18.00	
18:00	18.00 - 19.00	18.00 - 19.00	18.00 - 19.00	18.00 - 19.00	H.I.I.T.	
18:30	Schlingentr.	LMI STEP	Schlingentr.	LMI STEP		
19:00	19.00 - 19.30 BB					
19:30						
20:00						
20:30	ENDE 21.00	ENDE 21.00	ENDE 21.00	ENDE 21.00	ENDE 21.00	

	Zirkelbetrieb
	BODYPUMP
	LMI STEP
	BODYBALANCE

	Core-Training
	Schlingentraining
	H.I.I.T.
	Gelenks-Fit