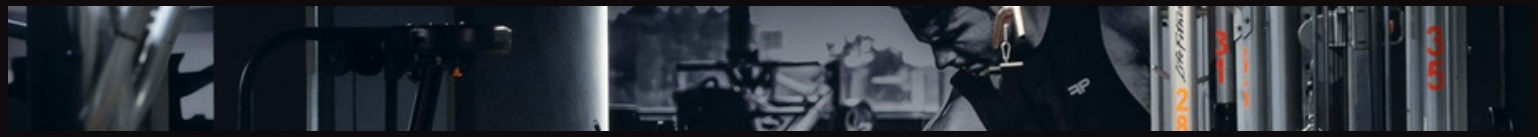
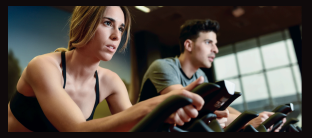
MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
8.00 - 8.45 HATHA YOGA					9.30 - 10.30 CYCLING*	
9.00 - 9.45 RÜCKENFIT					9.30- 10.30 LM BodyAttack®	9.30 - 10.30 RÜCKENFIT
10.00 - 11.00 LM BodyBalance®		10.00 - 11.15 HATHA YOGA FLOW		NEUE ZEIT 10.15 - 11.15 LM BodyBalance®	10.35- 11.35 BODYFIT	10.35 - 11.35 ZUMBA®
					11.45 - 12.45 PILATES	11.45 - 12.45 LM BodyPump®
						
17.45 - 18.45 CYCLING*	17.00 - 17.45 FASZIEN & PILATES	17.30 - 18.30 CYCLING*	17.00- 17.45 LM BodyAttack®			
NEUE ZEIT 17.30 - 18.30 LM BodyPump®	17.50 - 18.35 BBP	17.30 - 18.30 LM BodyPump®	18.00 - 19.00 BODYFIT	17.30 - 18.30 LM BodyPump®		
NEUE ZEIT 18.45 - 19.45 LM BodyBalance®	18.45 - 19.30 STEP E	18.45 - 19.30 LM BodyBalance®		18.45 - 19.30 STEP E-M		
		19.35 - 20.35 ZUMBA®				

- Kursbuchung CYCLING nur über unsere TECHNOGYM APP
- Mindestteilnehmerzahl: 4 Personen
- Level: E = Einsteiger M = Mittelstufe
- Änderungen vorbehalten



GÜLTIG ab 01. Nov. 2026