



K U R S P L A N

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 50 MIN Pilates Aga	09:00 50 MIN Mobility Cindy	10:00 80 MIN Power Yoga Tong	10:00 50 MIN Pilates Cindy	10:00 45 MIN 🕒 ZUMBA Sophia	10:00 55 MIN LM BODYPUMP Saskia	11:00 55 MIN LM BODYPUMP Lana
09:00 50 MIN Bauch Beine Po Anna	10:00 50 MIN Bauch Beine Po Cindy	12:00 60 MIN 🕒 ZUMBA Astrid	11:00 50 MIN Bauch Beine Po Cindy	11:00 50 MIN Rückenschule Anna	11:00 55 MIN LM BODYATTACK Saskia	11:00 50 MIN Xcycled Basic Elina
10:00 50 MIN Rückenschule Anna	11:00 50 MIN Pilates Maria	13:00 60 MIN Bodyflow Astrid	12:00 50 MIN Back Balance Yoga Cindy	11:00 45 MIN Xcycled Basic Sophia	13:00 50 MIN LM DANCE Ramona	12:00 50 MIN LM TONE Lana
	12:00 90 MIN Yin & Yang Yoga Maria			12:00 50 MIN Bauch Beine Po Anna		
16:00 55 MIN LM BODYPUMP HEAVY Lisa	15:00 55 MIN LM BODYPUMP Lisa	15:00 55 MIN LM BODYPUMP Svetlana	16:00 55 MIN LM BODYPUMP Lana	16:00 55 MIN LM BODYPUMP Hoa	14:00 45 MIN LM PILATES Ramona	14:30 60 MIN 🕒 ZUMBA Gabriela / Martyna
17:00 45 MIN 🕒 ZUMBA Sophia	16:00 50 MIN LM SHAPES Hoa	17:00 45 MIN LM CORE Friederike	17:00 45 MIN Pilates Aga	17:00 55 MIN LM BODYCOMBAT Hoa	16:00 60 MIN 🕒 ZUMBA Astrid	16:00 60 MIN Pilates Heidi
18:00 55 MIN LM BODYCOMBAT Lana	17:00 50 MIN Step Hoa	18:00 55 MIN LM BODYPUMP Olga	18:00 60 MIN 🕒 ZUMBA Gabriela	17:00 50 MIN Xcycled Basic Alysha	17:00 50 MIN Bauch Beine Po Astrid	17:10 60 MIN Yoga Heidi
18:00 50 MIN Xcycled Basic Sophia	18:00 60 MIN 🕒 ZUMBA Galja	19:00 55 MIN LM BODYCOMBAT Olga	19:00 55 MIN LM BODYATTACK Saskia	18:00 55 MIN LM BODYPUMP Alysha		18:30 55 MIN LM BODYPUMP Alysha
19:00 50 MIN LM SHAPES Saskia	19:00 60 MIN Bauch Beine Po Galja	20:00 50 MIN Bauch Beine Po Aga		19:00 50 MIN DivaDance Daniela		19:30 45 MIN LM CORE Alysha
20:00 55 MIN LM BODYATTACK Saskia						

Pink
FRAUEN FITNESS

LM **LES MILLS**

C CYCLING-RAUM

GÜLTIG AB: 01. OKTOBER 2026

Pink
FRAUEN FITNESS

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MONTAG
07:00-23:00h

DIENSTAG
07:00-23:00h

MITTWOCH
07:00-23:00h

DONNERSTAG
07:00-23:00h

FREITAG
07:00-23:00h

SAMSTAG
09:00-21:00h

SONNTAG
09:00-21:00h