

**Gültig ab 01.01.2024**

## Kursplan Peißenberg

### Kursplan Weilheim

#### Montag

09:15 – 10:45 Yoga Balance - Noel  
18:00 – 19:00 Zumba – Vroni  
19:00 – 20:00 All in One Fitness - Michi

#### Dienstag

09:15 – 10:15 Bodystyling – Pia  
10:15 – 11:15 Fatburner - Pia  
18:15 – 19:15 Bodystyling - Johanna  
19:30 – 20:30 Indoor Cycling - Johanna  
19:00 – 20:30 Hatha Yoga f. Anfänger -Noel

#### Mittwoch

19:00 – 20:00 IndoorCycling - Horst

#### Donnerstag

09:15 – 10:15 Rückenfitness - Pia  
10:15 – 11:15 Fatburner - Pia  
17:30 – 18:30 Zumba - Vroni  
18:30 – 19:30 MaxxF – Lothar  
19:00 – 20:30 Yoga f. geübte – Noel  
19:45 – 20:45 Indoor Cycling - Lothar

#### Freitag

09:15 – 10:15 All in One Fitness – Michi

#### Samstag

#### Sonntag

09:30 – 11:00 IndoorCycling - Otto

#### Montag

09:00 – 10:00 Step - Moni  
10:00 – 11:00 Bodystyling – Moni  
18:00 – 18:45 Aqua - Irmis  
18:00 – 19:00 Rücken - Babsi  
19:00 – 20:00 Langhantel - Babsi  
19:30 – 20:30 Wave – Rudi

#### Dienstag

10:15 – 11:15 InddorCycling - Klaus  
17:30 – 18:15 Aqua - Amelie  
18:15 – 19:00 Aqua – Amelie  
19:30 – 20:30 IndoorCycling - Franz

#### Mittwoch

09:00 – 10:00 Rücken – Babsi  
10:15 – 11:00 Aqua - Babsi  
18:00 – 19:00 Cardio meets Core – Bibi  
19:00 – 20:00 IndoorCycling - Viktor

#### Donnerstag

17:30 – 18:15 Aqua – Amelie  
19:30 – 20:30 IndoorCycling - Franz

#### Freitag

09:00 – 10:00 Step - Moni  
10:00 – 11:00 Bodystyling -Moni  
17:30 – 18:30 Bosu Power - Bibi  
18:30 – 19:30 Back & Stretch - Bibi  
19:30 – 20:30 Wave – Rudi

#### Samstag

17:00 – 18:00 Kraft & Ausdauer – Moni  
18:00 – 19:00 Starke Mitte, Stretch – Moni

#### Sonntag

09:00 – 10:30 Hatha-Yoga - Noel

**Bitte für die Kurse online  
anmelden**