

Mitglieder Kurse

Vormittag

MO

9:30 - 10:00

Faszienfitness (R1)
Elke Guderian

10:10 - 11:05

WOYO (R1)
Elke Guderian

A

10:15 - 10:45

Total Gym (R3)
Marco Keller

11:15 - 12:10

Entspannung (R1)
Elke Guderian

Nachmittag

Abend

DI

10:35 - 10:55

Fasziendehnen (R1)
Elke Guderian

11:00 - 11:55

Pilates (R1)
Elke Guderian

17:25 - 18:20

Rücken-Fit (R1)
Daniela Thiemann

18:25 - 18:55

Fatburner (R1)
Daniela Thiemann

MI

09:00 - 09:55

Fit-Mix (R2)
Elke Guderian

10:05 - 11:00

Rücken-Fit (R1)
Elke Guderian

Neu ab 05.11.2025!

16:00 - 16:55

Qi Gong (R1)
Christine Kloß

18:00 - 18:30

BBP (R1)
Marlen Westermann

19:00 - 19:30

Total Gym (R3)
Marco Keller

DO

09:45 - 11:00

Cardio-Aktiv (R3)
Eva Rostohar

17:00 - 17:55

Pilates (R1)
Elke Guderian

FR

