

# Kursplan und Trainer KW35

| Montag         |                 |             |         |                |          |             |            |
|----------------|-----------------|-------------|---------|----------------|----------|-------------|------------|
| 25.08.25       |                 |             |         |                |          |             |            |
| Kursraum 3. OG |                 |             |         | Kursraum 4. OG |          |             |            |
| Beginn         | Kurs            | Dauer [min] | Trainer | Beginn         | Kurs     | Dauer [min] | Trainer    |
| 09:00          | RückenFit       | 60          | Loris   | 18:30          | Flexibar | 45          | Anastasiya |
| 18:00          | Sixpack         | 15          | Marcel  |                |          |             |            |
| 18:30          | Pumping         | 45          | Mareike |                |          |             |            |
| 19:30          | Jumping Fitness | 45          | Jürgen  |                |          |             |            |
|                |                 |             |         |                |          |             |            |
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|                |                 |             |         |                |          |             |            |

| Mittwoch       |                    |             |         |                |         |             |         |
|----------------|--------------------|-------------|---------|----------------|---------|-------------|---------|
| 27.08.25       |                    |             |         |                |         |             |         |
| Kursraum 3. OG |                    |             |         | Kursraum 4. OG |         |             |         |
| Beginn         | Kurs               | Dauer [min] | Trainer | Beginn         | Kurs    | Dauer [min] | Trainer |
| 09:00          | Pilates            | 60          | -       | 18:00          | Pilates | 60          | Ivan    |
| 12:30          | Functional Workout | 30          | Mirko   |                |         |             |         |
| 18:00          | Jumping Fitness    | 45          | Nina    |                |         |             |         |
|                |                    |             |         |                |         |             |         |
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| Freitag        |           |             |            |                |      |             |         |
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| 29.08.25       |           |             |            |                |      |             |         |
| Kursraum 3. OG |           |             |            | Kursraum 4. OG |      |             |         |
| Beginn         | Kurs      | Dauer [min] | Trainer    | Beginn         | Kurs | Dauer [min] | Trainer |
| 09:00          | RückenFit | 60          | Chris      |                |      |             |         |
| 17:30          | Pilates   | 60          | Anastasiya |                |      |             |         |
|                |           |             |            |                |      |             |         |
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| Samstag        |                    |             |         |                |      |             |         |
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| 30.08.25       |                    |             |         |                |      |             |         |
| Kursraum 3. OG |                    |             |         | Kursraum 4. OG |      |             |         |
| Beginn         | Kurs               | Dauer [min] | Trainer | Beginn         | Kurs | Dauer [min] | Trainer |
| 10:00          | Pumping            | 45          | Mareike |                |      |             |         |
| 11:00          | Jumping Fitness    | 45          | Mareike |                |      |             |         |
| 12:00          | Sixpack            | 15          | Loris   |                |      |             |         |
| 12:30          | Functional Workout | 30          | Loris   |                |      |             |         |
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| Dienstag       |                   |             |         |                |      |             |         |
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| 26.08.25       |                   |             |         |                |      |             |         |
| Kursraum 3. OG |                   |             |         | Kursraum 4. OG |      |             |         |
| Beginn         | Kurs              | Dauer [min] | Trainer | Beginn         | Kurs | Dauer [min] | Trainer |
| 10:00          | Bodystyling       | 45          | Loris   | 19:30          | Yoga | 75          | Jutta   |
| 17:30          | BBP               | 45          | Mine    |                |      |             |         |
| 18:30          | Fatburner Intense | 45          | Mareike |                |      |             |         |
|                |                   |             |         |                |      |             |         |
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| Donnerstag     |                 |             |            |                |           |             |         |
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| 28.08.25       |                 |             |            |                |           |             |         |
| Kursraum 3. OG |                 |             |            | Kursraum 4. OG |           |             |         |
| Beginn         | Kurs            | Dauer [min] | Trainer    | Beginn         | Kurs      | Dauer [min] | Trainer |
| 10:00          | Flexibar        | 45          | Anastasiya | 18:30          | RückenFit | 45          | Tim     |
| 11:00          | Qigong          | 60          | Miriam     | 19:30          | Yoga      | 75          | Andrea  |
| 17:30          | Bodystyling     | 45          | Nina       |                |           |             |         |
| 18:30          | Jumping Fitness | 45          | Nina       |                |           |             |         |
|                |                 |             |            |                |           |             |         |
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**MOVEMENT**  
FITNESS & WELLNESS CLUB



| Sonntag        |                  |             |         |                |      |             |         |
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| 31.08.25       |                  |             |         |                |      |             |         |
| Kursraum 3. OG |                  |             |         | Kursraum 4. OG |      |             |         |
| Beginn         | Kurs             | Dauer [min] | Trainer | Beginn         | Kurs | Dauer [min] | Trainer |
| 10:00          | Box&Move         | 45          | Ivan    | 10:30          | Yoga | 90          | Jutta   |
| 11:00          | BBP              | 45          | Ivan    |                |      |             |         |
| 12:00          | Mobility Stretch | 30          | Marcel  |                |      |             |         |
|                |                  |             |         |                |      |             |         |
|                |                  |             |         |                |      |             |         |
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