

**BER//F  
GESUNDHEIT**

# Kursplan ab

**NEU!**

# Jan 2026

Anthrazit: Raum 1  
Rot: Raum 2

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
<b>9.30 - 10.30</b> Rückenfit 9.2.					<b>10.00 - 11.00</b> Jumping POWER 17.1.
	<b>11.00 - 12.00</b> Longevity-Workout Funktionelles Training 27.1.		<b>10.30 - 11.30</b> Longevity-Workout Funktionelles Training 12.2.		<b>11.30 - 12.30</b> Bungee Fitness
<b>12.00 - 13.00</b> Rückenfit 9.2.					
<b>17.30 - 18.30</b> Special Bouncer 12.1.			<b>17.15 - 18.15</b> Faszientraining 12.2.		
		<b>18.00 - 19.00</b> Jumping BASIC 14.1.			
<b>18.45 - 19.45</b> Strong by Bouncing 12.1.	<b>18.45 - 19.45</b> Functional Workout 27.1.	<b>19.15 - 20.15</b> Jumping POWER 14.1.			
	<b>18.45 - 19.45</b> Pilates 13.1.		<b>18.45 - 19.45</b> Indoor Cycling 15.1.		
<b>20.00 - 21.00</b> Pilates 12.1.	<b>20.00 - 21.00</b> Bungee Fitness		<b>20.00 - 21.00</b> Bungee Fitness		

