

BERUF GESUNDHEIT		Kursplan ab		NEU!	März 2026		Anthrazit: Raum 1 Rot: Raum 2				
Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
9.30 - 10.30											
Rückenfit										10.00 - 11.00	
										Jumping POWER	
						10.30 - 11.30					
						Longevity-Workout Funktionelles Training .					
										11.30 - 12.30	
										Bungee Fitness	
17.30 - 18.30						17.30 - 18.30					
Special Bouncer				18.00 - 19.00		Faszientraining					
				Jumping BASIC							
18.45 - 19.45		18.45 - 19.45									
Strong by Bouncing		Functional Workout		19.15 - 20.15							
				Jumping POWER							
		18.45 - 19.45				18.45 - 19.45					
		Pilates				Indoor Cycling					
20.00 - 21.00		20.00 - 21.00				19.45 - 20.45					
Pilates		Bungee Fit BASIC				Qi Gong					