KIELS
Fitness, Health & Wellness

KURSPLAN

MAI 2026

MONTAG

Uhrzeit	Kurs	Trainer/in	Raum
09.00 - 10.00	CYCLING	Heiko	1
09.20 - 09.50	LES MILLS CORE®	Jasmin	2
10.00 - 11.00	BODYBALANCE®	Jasmin	2
16.00 - 16.25	BAUCH INTENSIV	Alena	2
16.20 - 17.20	TRX	Annika	3
16.30 - 17.30	STEP WORKOUT	Alena	2
17.00 - 18.00	CYCLING	Sebastian	1
17.30 - 19.00	YOGA	Tanja	3
17.35 - 18.35	BODYPUMP®	Mona	2
18.45 - 19.45	BODYPUMP®	Mona	2
20.00 - 21.00	AUFBAU RÜCKBILDUNG	Nicole	2

DONNERSTAG

Uhrzeit	Kurs	Trainer/in	Raum
07.00 - 08.00	BODYBALANCE®	Ina	2
09.00 - 10.00	STEP - BBP	Alena	2
10.15 - 11.15	BODYPUMP®	Mona	2
17.00 - 18.00	CYCLING	Heiko	1
16.20 - 17.15	STRETCHING	Patricia	2
17.25 - 17.55	LES MILLS CORE®	Sonja	2
18.00 - 19.00	BODYATTACK®	Sonja	2
17.45 - 18.55	FLOW YOGA	Sina / Laura	3
19.05 - 20.05	BODYBALANCE®	Sonja	2
19.00 - 21.00	FITNESSBOXEN (Fortgeschritten)	Eiko	3

DIENSTAG

Uhrzeit	Kurs	Trainer/in	Raum
07.00 - 08.00	BODYPUMP®	Hanna	2
09.00 - 09.55	PILATES	Laura	2
10.00 - 11.00	BODYWORKOUT	Alena	2
15.45 - 16.45	BODYPUMP®	Ina	2
17.00 - 17.45	CYCLING	Ina	1
17.00 - 18.00	BODYBALANCE®	Sonja	2
18.00 - 19.00	CYCLING	Heiko	1
17.00 - 18.00	EXTERN	GG	3
18.05 - 19.00	JUMPING®	Sina	2
18.15 - 18.45	LES MILLS CORE®	Mieke	3
19.00 - 20.00	BODYATTACK®	Sonja	2
19.00 - 20.15	ASHTANGA YOGA	Jasmin M.	3
20.05 - 21.30	FITNESSBOXEN (Einsteiger und Fortgeschritten)	Eiko	2

FREITAG

Uhrzeit	Kurs	Trainer/in	Raum
09.00 - 10.00	CYCLING	Nicole	1
09.00 - 10.00	BODYPUMP®	Mareille	2
10.10 - 10.40	LES MILLS CORE®	Mareille	2
10.50 - 11.50	BODYBALANCE®	Ina	2
15.00 -15.55	PILATES	Laura	2
16.00 - 16.55	TRX	Tanja	3
16.00 - 16.55	ZUMBA®	Katja	2
17.00 - 18.00	BODYPUMP®	Mona	2
17.00 - 18.00	CYCLING	Madleen	1
18.10 - 19.10	BODYCOMBAT®	Nicole	2
19.15 - 20.30	YIN-YOGA	Nicole	2

AB SOFORT NEU IM PLAN

MITTWOCH

Uhrzeit	Kurs	Trainer/in	Raum
07.00 - 08.00	CYCLING	Sebastian	1
09.00 - 10.00	CYCLING	Nicole	1
10.00 - 11.00	PILATES	Ute	2
11.05 - 12.05	FASZIEN-YOGA	Ute	2
16.00 - 17.00	LES MILLS TONE®	Mieke	2
17.00 - 17.55	RÜCKENFITNESS	Meral	2
17.00 - 18:00	CYCLING	Cathi	1
17:25 - 17:55	LES MILLS CORE®	Mareille	3
18.00 - 19.00	BODYCOMBAT®	Mareille	2
18.00 - 19.00	BODYBALANCE®	Jasmin	3
19.15 - 20.30	YOGA	Ute	2

SAMSTAG

Uhrzeit	Kurs	Trainer/in	
08.30 - 09.00	LES MILLS CORE®	Mieke	2
09.00 - 10.00	LES MILLS TONE®	Mieke	2
09.30 - 10.30	TRX	Heiko	3
10.00 - 11.00	CYCLING	Cathi	1
10.00 - 11.00	LMI STEP®	Wendy	2
11.10 - 12.10	BODYPUMP®	Wendy	2
12.15 - 13.15	MOBILITY & STRETCH	Mona	2

SONNTAG

Uhrzeit	Kurs	Trainer/in	
08:45 - 09:45	BODYPUMP HEAVY®	Hanna	2
10.00 -11.00	CYCLING	Cathi/Nicole	1
10.00 - 10.55	BBP	Andrea	2
11.00 - 11.30	BAUCH INTENSIV	Andrea	2
SIEHE APP	BODYATTACK® / LES MILLS CORE® / BODYBALANCE®	Sonja	2