



MONTAG

09:30 – 10:00	POWER PLATE®
17:30 – 18:00	POWER PLATE®
18:00 – 18:30	POWER PLATE®

9:00 – 10:00 Conny	RÜCKEN WORKOUT
10:00 – 11:00 AlexanderHolger	BODY WORKOUT ADVANCED
18:00 – 19:00 Annette	PILATES
19:00 – 20:00 Michael	BODY FLOW
20:00 – 21:30 Marius	FITNESS BOXEN

18:00 – 19:00 Michael	DANCE
19:00 – 20:00 Tanja	RÜCKEN PILATES

09:30 – 10:30 Margit	CYCLING
19:00 – 20:00 Petra	CYCLING

DIENSTAG

09:30 – 10:00	POWER PLATE®
18:00 – 18:30	POWER PLATE®

10:30 – 11:30 Svenja	WORKOUT 50+
17:30 – 18:30 Shakti	BODY WORKOUT
18:30 – 19:30 Shakti	SKI GYMNASTIK
19:30 – 20:30 Olga	PUSH & POWER

09:00 – 10:00 Svenja	PILATES
17:30 – 19:00 Elke	HATHA YOGA

19:00 – 20:00 Margit	CYCLING
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MITTWOCH

09:00 – 09:30	POWER PLATE®
17:30 – 18:00	POWER PLATE®
18:00 – 18:30	POWER PLATE®

10:00 – 11:00 Anneke	POWERMIX
17:00 – 17:45 Kressi	JUMPING KIDS*
18:00 – 19:00 Kressi	JUMPING
19:00 – 20:00 Tanja	RÜCKEN WORKOUT
20:15 – 21:45 Chakir	BOXEN

09:00 – 10:00 Rajpal	HATHA YOGA
18:00 – 19:00 Tanja	PILATES
19:00 – 20:00 Esther	SALSA LADY STYLING*
20:00 – 21:00 Esther	BACHATA*

19:30 – 20:30 Andrea	CYCLING
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DONNERSTAG

09:00 – 09:30	POWER PLATE®
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10:00 – 11:00 Ilka	RÜCKEN WORKOUT
18:15 – 19:15 Marius	PUSH & POWER
19:15 – 20:15 Marius	DANCE

9:00 – 10:00 Rajpal	VINYASA YOGA
18:00 – 19:00 Charlotte	HATHA YOGA
19:00 – 20:00 Liz/Elka	BALLET

10:00 – 11:00 Margit	CYCLING
19:00 – 20:00 Patrick	CYCLING

FREITAG

09:00 – 09:30	POWER PLATE®
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09:30 – 10:30 Anneke	BODY WORKOUT
17:00 – 18:00 Steff Schmidt	SKI GYMNASTIK
18:30 – 20:00 Chakir/Youub	KICK BOXEN

09:00 – 10:00 Elena	PILATES
18:00 – 19:30 Stefle	YOGA

18:00 – 19:00 Petra	CYCLING
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SAMSTAG

10:30 – 11:30 Olga	BODY WORKOUT
11:30 – 12:30 Jenny	JUMPING
14:00 – 15:00 Chakir	KIDS BOXEN
15:00 – 16:30 Chakir	BOXEN

10:30 – 11:30 Shakti	RÜCKEN WORKOUT ADVANCED
11:30 – 12:30 Shakti	BODY WORKOUT
12:30 – 13:30 Shakti	CARDIO STEP

10:00 – 11:00 Annette/Elke	YOGA
11:00 – 12:00 Esther/Elka	PILATES
12:00 – 13:00 Esther/Elka	AMERICAN BARRE

10:30 – 11:30 MarCUdo	CYCLING
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SONNTAG

10:30 – 11:30 Shakti	RÜCKEN WORKOUT ADVANCED
11:30 – 12:30 Shakti	BODY WORKOUT
12:30 – 13:30 Shakti	CARDIO STEP

10:30 – 11:30 Nicole	SKY GYMNASTIK
11:30 – 12:30 Nicole	POWER PILATES

10:30 – 11:30 MarCUdo	CYCLING
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Für alle Kurse ist eine Anmeldung erforderlich. Bei Interesse an den Kinderkursen erhaltst Du hier weitere Infos: <https://almasportsclub.com/angebot/kinderbetreuung>

*Diese Kurse finden vorerst nur bis 31.10.2023 statt.

*Kurs findet ab dem 18.10.2023 für Kinder von 5 - 9 Jahren statt.

Kursplanänderungen und Aktuelles findest Du unter www.almasportsclub.com und bei Facebook und Instagram.

GYM

STUDIO 1

STUDIO 2

BIRO