

GroupFitness

05.10. – 11.10.2026

Teilnahme an den Kursen **ab 16 Jahren**. Änderungen vorbehalten.



Kursplan



Mach' ein Foto

Time	Montag, 05.10.	Dienstag, 06.10.	Mittwoch, 07.10.	Donnerstag, 08.10.	Freitag, 09.10.	Samstag, 10.10.
08.15	Bauch Beine Po¹ 30min.	Rückenfit¹ 30min.	Wake up Mobility¹ 30min.	Rückenfit¹ 30min.		
9.00	Pilates¹ 45min.	EVENT: BALLance® Rückenzeit¹ 45min.	Pilates¹ 45min.	EVENT: BALLance® Rückenzeit¹ 45min.	Faszientraining¹ 30min.	Pilates¹ 45min.
10.00	EVENT Bellicon® Jumping Basic¹ 45min.	Body Fit¹ 45min.	EVENT Bellicon® Jumping Basic¹ 45min.	Langhantel¹ 45min.	EVENT: BALLance® Rückenzeit¹ 45min.	Fatburner¹ 45min.
10.15	EVENT: Nordic Walking Griff & Schulter⁷ 60min.	EVENT: Nordic Walking Bergtechnik⁷ 60min.	EVENT: Nordic Walking Sporttechnik⁷ 60min.	EVENT: Nordic Walking Rund um den Club⁷ 60min.	EVENT: Nordic Walking Abschlusstour⁷ 120min.	
11.00	EVENT Vinyasa Yoga¹ 60min.	EVENT Vinyasa Yoga¹ 60min.	EVENT Vinyasa Yoga¹ 60min.	EVENT Vinyasa Yoga¹ 60min.	EVENT Vinyasa Yoga¹ 60min.	EVENT Vinyasa Yoga¹ 60min.
11.15		Aqua Fit² 30 min.		Aqua Fit² 30 min.		Aqua Fit² 30 min.
Weitere Informationen findet ihr in der Gazette oder bei unseren zuständigen Kurstrainern*innen.						
14.00	EVENT Eltern-Kind-Yoga (4-6 Jahre)¹ 60min.	EVENT Eltern-Kind-Yoga (6.-10 Jahre)¹ 60min.	EVENT Eltern-Teen-Yoga (ab 11 Jahren)¹ 60min.	15.15 Uhr Seminar Fuschlsee „The Power of You“ Workshop 60min.	EVENT Entspannungsyoga zur Stressprävention¹ 60min.	
15.15	Zirkeltraining¹ 45min.	Pilates¹ 45min.	Bauch Beine Po¹ 30min.	Pilates¹ 45min.	Pilates¹ 45min.	Core Training¹ 30min.
16.15	Indoor Cycling Basic¹ 45min.	EVENT Bellicon® Jumping Meets Shadowboxer¹ 45min.	16.00 Uhr Indoor Cycling¹ 60min.	EVENT Bellicon® Jumping Meets Shadowboxer¹ 45min.	Body Fit¹ 45min.	16.00 Uhr Indoor Cycling¹ 60min.
17.15	EVENT: BALLance® Rückenzeit¹ 45min.	Stretch & Relax¹ 30min.	EVENT: BALLance® Rückenzeit¹ 45min.	Stretch & Relax¹ 30min.	EVENT Bellicon® Jumping Basic¹ 45min.	Stretch & Relax¹ 30min.

Änderungen vorbehalten*