

# KURSPLAN WANGS

AB 20.10.2025

| ZEIT  | MONTAG                                                                    | DIENSTAG                                                                | MITTWOCH                             | DONNERSTAG                                                                                  | Freitag                                 | Sonntag                               |
|-------|---------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------|
| 06.00 |                                                                           |                                                                         | WAKE-UP-SPINNING<br>(ACHIM)          |                                                                                             |                                         |                                       |
| 09.00 | 09.00 Uhr<br>Spinning<br>(Tom)                                            | <b>NEU</b> 08.15 UHR <b>NEU</b><br><b>PILATES-REFORMER</b><br>(CLAUDIA) |                                      |                                                                                             | 09.00 UHR<br>LANGHANTEL & CORE<br>(TOM) |                                       |
| 10.10 | 10.10 Uhr<br>TRX – 8 Wochen Block<br><b>Start 20.10.25</b><br>(Tom/Achim) |                                                                         |                                      |                                                                                             |                                         |                                       |
|       |                                                                           |                                                                         |                                      |                                                                                             |                                         |                                       |
| 12.00 |                                                                           |                                                                         |                                      |                                                                                             |                                         |                                       |
|       |                                                                           |                                                                         |                                      |                                                                                             |                                         |                                       |
| 18.15 | 18.15 Uhr<br>Spinning<br>(Fabienne)                                       | 18.15 Uhr<br>Spinning<br>(Simone)                                       |                                      | 18 Uhr<br><b>Pilates-Reformer</b><br><b>8er Block</b><br><b>Start 23.10.25</b><br>(Claudia) | 17.15 – 18.15<br>VEREINSTRaining        | 18 UHR<br>SPINNING 90 MIN<br>(THOMAS) |
| 19.30 | <b>NEU</b> 19.30 UHR <b>NEU</b><br><b>PILATES-REFORMER</b><br>(SABINE)    | 19.30 UHR<br>SPINNING<br>(SIMONE)                                       | 19.15 – 21.30 UHR<br>VEREINSTRaining | 19.30 UHR<br>SPINNING<br>(ACHIM)                                                            |                                         |                                       |