

# Winterkursplan



gültig ab 05.01.2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>NEU!</b> 09:15 - 10:00 Bauch Beine Po Vroni	09:30 - 10:20 Healthy-Workout Bettina	09:45 - 10:15 Fit&Vital Teja	09:00 - 10:00 Rücken Fit Karen	09:20 - 10:10 Pilates Silvia	10:05 - 10:50 Zumba (E) Aysun	<b>NEU!</b> 10:00 - 10:50 Boxing Workout Nina
10:10 - 10:55 Rücken Fit Vroni	10:30 - 11:20 Rücken Fit Bettina	10:30 - 11:30 Faszien-Mobility Teja	10:10 - 11:00 Pilates Karen	10:20 - 11:20 Kundalini Yoga Silvia	11:00 - 12:00 Zumba (M/F) Balázs	<b>NEU!</b> 11:00 - 11:50 Pilates Nina
11:00 - 11:45 Rücken Fit Vroni	11:30 - 12:15 / 12:20 - 13:05 Rehasport* Orthopädie		<b>NEU!</b> 11:10 - 12:00 Indoor Cycling Karen			
18:00 - 19:00 Workout Bettina		17:45 - 18:15 Bauchkiller Sophie	17:45 - 18:15 Bauch Beine Po Alina			
<b>NEU!</b> 19:00 - 20:00 Strength Sophie	18:00 - 19:00 Zumba Aysun	18:20 - 19:00 Fit&Vital Sophie	18:20 - 19:10 Hot Iron Alina	18:00 - 18:45 Figur-Express Fabian		
19:10 - 20:00 Zumba Nicole	19:10 - 20:00 Rücken Fit Karen	<b>NEU!</b> 18:25 - 19:15 Rücken Fit Alina	19:15 - 20:15 Body&Mind Alessia	<b>NEU!</b> 18:50 - 19:50 Indoor Cycling Sabine		
20:10 - 21:10 Faszien-Mobility Teja		<b>NEU!</b> 19:20 - 20:05 Smoovey-Workout Sophie				



## Öffnungszeiten:

Mo & Mi	09:00 - 22:30 Uhr
Di & Do	08:00 - 22:30 Uhr
Fr	09:00 - 21:30 Uhr
Sa	09:00 - 19:00 Uhr
So	09:00 - 20:30 Uhr

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