
























# Kursplan

19.05.2025 - 25.05.2025

Happy Fitness  
Gottlieb-Daimler-Str. 50  
74831 Gundelsheim  
06269 8558  
info@happy-fitness.net



Montag 19.05.2025	Dienstag 20.05.2025	Mittwoch 21.05.2025	Donnerstag 22.05.2025	Freitag 23.05.2025	Samstag 24.05.2025	Sonntag 25.05.2025
<p>09:00 - 10:00 BODYPUMP</p> 	<p>10:30 - 11:30 Zirkel 60+</p>	<p>09:30 - 10:15 Rücken-Fit</p>	<p>08:45 - 09:30 Reha-Sport</p> 	<p>09:15 - 10:15 BODYBALANCE</p> 	<p>09:45 - 10:45 BODYPUMP</p> 	<p>09:30 - 10:30 Lauftreff</p>
<p>10:10 - 11:10 Wirbelsäule</p>	<p>16:30 - 17:15 Reha-Sport</p> 	<p>10:30 - 12:00 Yoga / Entspannung</p>	<p>09:30 - 10:15 Reha-Sport</p> 	<p>10:30 - 11:15 Reha-Sport</p> 		<p>10:00 - 11:00 BODYBALANCE</p> 
<p>11:15 - 12:00 Reha-Sport</p> 	<p>17:15 - 18:00 Reha-Sport</p> 	<p>17:00 - 17:45 Reha-Sport</p> 	<p>10:30 - 11:15 Reha-Sport (Sitz-Gr...)</p> 	<p>16:30 - 18:00 Yoga / Entspannung</p>		
<p>12:00 - 12:45 Reha-Sport</p> 	<p>18:15 - 19:15 BODYBALANCE</p> 	<p>18:00 - 19:00 Bauch-Beine-Po</p>	<p>16:45 - 17:30 Reha-Sport</p> 	<p>18:15 - 19:00 Reha-Sport</p> 		
<p>18:00 - 19:00 Bodyforming</p>	<p>19:15 - 20:15 BODYCOMBAT</p> 	<p>18:30 - 19:30 Lauftreff</p>	<p>19:00 - 20:00 BodyPump</p> 	<p>19:00 - 19:45 Reha-Sport</p> 		
<p>19:00 - 20:00 BODYPUMP</p> 		<p>20:15 - 21:45 Yoga / Entspannung</p>	<p>17:30 - 18:15 Reha-Sport</p> 			
			<p>19:00 - 20:00 Indoor Cycling</p>  			

-  Bauch-Beine-Po
-  Bodybalance
-  Bodycombat
-  Bodyforming
-  Bodypump
-  Lauftreff
-  Mama-Fit
-  Myride (bitte vo...
-  RPM
-  Reha-Sport
-  Rücken-Fit
-  SH'Bam
-  Slimbelly
-  Wirbelsäule
-  Yoga/ Entspannun...
-  Zirkel 60+

Stand: 21.05.2025