

Neuer Kursplan

AB JANUAR 2026

STUDIO, OUTDOOR & LIVESTREAMS

LIVESTREAMS ONLY

THE BODY WORKERS®

URBAN SPORTS CLUB

EGYM WELLPASS

wellhub

MO	DI	MI	DO	FR	SA	SO
	NEU 06:30 50 Min Lisa Pilates (KK)	07:30 45 Min Evelyn LIIT Circle	07:00 50 Min Saholy Pilates (KK)	07:00 50 Min Lara Ballet Workout		
	07:00 60 Min Steffi Functional: HIIT (KK)			08:00 50 Min Lara Pilates (KK)	09:00 50 Min Sabrina BodyART®	09:00 60 Min Matthias Iron Pump
	09:00 50 Min Anissa Kickbox on Beat				10:00 50 Min Marina Mobility Lab (KK)	10:30 60 Min Matthias Functional: HIIT Circle (KK)
NEU 17:00 50 Min Marina Mobility Lab (KK)	10:00 50 Min Anissa Mama Fit + Baby (KK)	12:00 40 Min Ana BBP XPRESS	NEU 12:00 45 Min Evelyn Vinyasa Yoga on Beat	NEU 11:00 50 Min Sabrina Mama Fit + Baby (KK)	11:00 60 Min Marina HIIT meets Pilates	
17:10 40 Min Evelyn BBP XPRESS	12:00 50 Min Nina Physioflow (KK)			12:30 50 Min Denise Ballet Workout	12:15 45 Min Matthias LIIT Circle	
NEU 18:00 50 Min Evelyn Kickbox on Beat			16:10 50 Min Evelyn Pilates (KK)			15:00 60 Min Samira TWERKout
18:10 50 Min Marina Shake&Tone®		17:00 50 Min Marina Rücken & Faszien Fit (KK)	17:00 50 Min Mirjam Physioflow (KK)	16:00 50 Min Marina Pilates (KK)		16:10 50 Min Samira Pilates
18:30 60 Min Matthias Outdoor HIIT & Run	17:00 45 Min Giulia LIIT	NEU 17:10 50 Min Sabrina Pilates (KK)	17:10 50 Min Sabrina Mama Fit (KK)	17:00 40 Min Marina BBP XPRESS	17:30 50 Min Denise Ballet Workout	17:15 60 Min Evelyn Rücken & Faszien Fit (KK)
18:30 50 Min Lara Online Pilates	NEU 17:10 60 Min Viola Dance Workout	18:00 50 Min Marina Mobility Lab (KK)	NEU 18:00 50 Min Mirjam Ballet Workout	17:50 50 Min Marina Shake&Tone®	NEU 18:30 50 Min Denise BodySculpt	18:30 60 Min Evelyn DeepWORK®
19:00 60 Min Evelyn HIIT Warrior Workout	18:00 50 Min Saholy Pilates (KK)	NEU 18:10 50 Min Sabrina BodyART®	NEU 18:10 50 Min Giulia Pilates (KK)	18:50 60 Min Sabrina HIIT meets Yoga		20:00 75 Min Christine Candle Light Yin Yoga
NEU 19:30 60 Min Marina HIIT meets Yoga	NEU 18:10 50 Min Michelle Core & Back Yoga	19:00 60 Min Marina HIIT meets Pilates	19:00 60 Min Sabrina DeepWORK®	20:15 75 Min Tina Candle Light Yin Yoga		
20:15 60 Min Matthias Iron Pump	NEU 19:00 50 Min Saholy Stretch & Restore (KK)	20:00 60 Min Diana Dance Workout	NEU 19:10 45 Min Giulia LIIT			
21:10 40 Min Christine Online Yoga Nidra	19:10 75 Min Michelle Inside Flow®	NEU 20:15 60 Min Matthias Functional: Strength (KK)	20:10 50 Min Lisa Pilates (KK)			



BOOK YOUR SPOT