

Programm Entdecker-Abo Limmatplatz

Freitag, 01.11.2024

09:15 – 10:05 [Gymnastik](#)

11:30 – 12:20 [Bauch Beine Po](#)

11:30 – 12:20 [Achtsamkeitstraining](#)

11:40 – 12:30 [Pilates](#)

12:30 – 13:20 [Fitness-Trampolin Jumping](#)

12:40 – 13:30 [Yin Yoga*](#)

12:40 – 13:30 [Yoga für den Rücken*](#)

13:00 – 13:50 [Fitnessboxen](#)

17:30 – 18:20 [Rückentraining](#)

Montag, 04.11.2024

11:25 – 12:15 [Power Yoga](#)

11:30 – 12:00 [M.A.X](#)

12:00 – 12:50 [Hatha Yoga](#)

12:15 – 13:05 [Functional Training](#)

12:35 – 13:25 [Pilates](#)

14:00 – 14:50 [Gymnastik](#)

15:30 – 16:20 [Gymnastik für Senioren](#)

16:50 – 17:40 [Pilates](#)

17:50 – 18:40 [Zumba](#)

18:50 – 19:50 [Les Mills Bodypump](#)

19:00 – 19:50 [Zumba](#)

20:00 – 20:50 [Ballett-Workout*](#)

Dienstag, 05.11.2024

07:30 - 08:00 [M.A.X](#)

11:20 – 12:10 [Fitnessboxen](#)

11:25 – 12:15 [Hatha Yoga](#)

11:30 – 12:20 [Pilates](#)

12:25 – 13:15 [Yoga für den Rücken](#)

12:30 – 13:30 [Les Mills Bodypump](#)

17:50 – 18:40 [Bodytoning](#)

18:00 – 18:50 [Aerial Yoga*](#)

18:00 – 18:50 [Bauch Beine Po*](#)

18:10 – 19:00 [Power Yoga](#)

19:00 – 19:50 [Zumba](#)

19:10 – 20:00 [Pilates](#)

Mittwoch, 06.11.2024

07:15 – 08:15 [Les Mills Bodypump](#)

11:20 – 12:20 [Les Mills Bodypump](#)

11:25 – 12:15 [Pilates](#)

12:00 – 12:50 [Faszien Yoga](#)

12:25 – 13:15 [Fitness-Trampolin Jumping](#)

12:30 – 13:20 [Bauch Beine Po](#)

17:25 – 18:15 [Bodytoning](#)

17:30 – 18:20 [Fitness-Trampolin Jumping](#)

18:00 – 18:50 [Meditation](#)

19:00 – 19:50 [Bodytoning](#)

19:10 – 20:00 [Dance](#)

Donnerstag, 07.11.2024

07:30 – 08:00 [M.A.X](#)

10:55 – 11:45 [Tai Chi Chuan](#)

11:30 – 12:20 [Bodytoning](#)

11:30 – 12:20 [Aerial Yoga*](#)

12:00 – 12:50 [Hatha Yoga](#)

12:30 – 13:20 [Aerial Yoga](#)

12:30 - 13:20 [Bauch Beine Po](#)

17:30 – 18:20 [Pilates](#)

18:00 – 18:50 [Bootcamp Outdoor](#)

18:30 – 19:20 [Bauch Beine Po](#)

18:30 – 19:30 [Fitnessboxen](#)

18:30 – 19:50 [Qi Gong](#)

19:30 – 20:20 [Pilates](#)

Freitag, 08.11.2024

09:15 – 10:05 [Gymnastik](#)

11:30 – 12:20 [Bauch Beine Po](#)

11:30 – 12:20 [Achtsamkeitstraining](#)

11:40 – 12:30 [Pilates](#)

12:30 – 13:20 [Fitness-Trampolin Jumping](#)

12:40 – 13:30 [Yin Yoga*](#)

12:40 – 13:30 [Yoga für den Rücken*](#)

13:00 – 13:50 [Fitnessboxen](#)

17:30 – 18:20 [Rückentraining](#)

Montag, 11.11.2024

11:25 – 12:15 [Power Yoga](#)

11:30 – 12:00 [M.A.X](#)

12:00 – 12:50 [Hatha Yoga](#)

12:15 – 13:05 [Functional Training](#)

12:35 – 13:25 [Pilates](#)

14:00 – 14:50 [Gymnastik](#)

15:30 – 16:20 [Gymnastik für Senioren](#)

16:50 – 17:40 [Pilates](#)

17:50 – 18:40 [Zumba](#)

18:50 – 19:50 [Les Mills Bodypump](#)

19:00 – 19:50 [Zumba](#)

19:15 – 20:05 [E-Drums](#)

20:00 – 20:50 [Ballett-Workout*](#)

Dienstag, 12.11.2024

07:30 - 08:00 [M.A.X](#)

11:20 – 12:10 [Fitnessboxen](#)

11:25 – 12:15 [Hatha Yoga](#)

11:30 – 12:20 [Pilates](#)

12:25 – 13:15 [Yoga für den Rücken](#)

12:30 – 13:30 [Les Mills Bodypump](#)

17:50 – 18:40 [Bodytoning](#)

18:00 – 18:50 [Aerial Yoga*](#)

18:00 – 18:50 [Bauch Beine Po*](#)

18:10 – 19:00 [Power Yoga](#)

19:00 – 19:50 [Zumba](#)

19:10 – 20:00 [Pilates](#)

Mittwoch, 13.11.2024

07:15 – 08:15 [Les Mills Bodypump](#)

11:20 – 12:20 [Les Mills Bodypump](#)

11:25 – 12:15 [Pilates](#)

12:00 – 12:50 [Faszien Yoga](#)

12:25 – 13:15 [Fitness-Trampolin Jumping](#)

12:30 – 13:20 [Bauch Beine Po](#)

17:25 – 18:15 [Bodytoning](#)

17:30 – 18:20 [Fitness-Trampolin Jumping](#)

18:00 – 18:50 [Meditation](#)

19:00 – 19:50 [Bodytoning](#)

19:10 – 20:00 [Dance](#)

Donnerstag, 14.11.2024

07:30 – 08:00 [M.A.X](#)

10:55 – 11:45 [Tai Chi Chuan](#)

11:30 – 12:20 [Bodytoning](#)

11:30 – 12:20 [Aerial Yoga*](#)

12:00 – 12:50 [Hatha Yoga](#)

12:30 – 13:20 [Aerial Yoga](#)

12:30 - 13:20 [Bauch Beine Po](#)

17:30 – 18:20 [Pilates](#)

18:00 – 18:50 [Bootcamp Outdoor](#)

18:30 – 19:20 [Bauch Beine Po](#)

18:30 – 19:30 [Fitnessboxen](#)

18:30 – 19:50 [Qi Gong](#)

19:30 – 20:20 [Pilates](#)

Freitag, 15.11.2024

09:15 – 10:05 [Gymnastik](#)

11:30 – 12:20 [Bauch Beine Po](#)

11:30 – 12:20 [Achtsamkeitstraining](#)

11:40 – 12:30 [Pilates](#)

12:30 – 13:20 [Fitness-Trampolin Jumping](#)

12:40 – 13:30 [Yin Yoga*](#)

12:40 – 13:30 [Yoga für den Rücken*](#)

13:00 – 13:50 [Fitnessboxen](#)

17:30 – 18:20 [Rückentraining](#)

📍 = Kurs findet online statt

* = Durchführung noch offen

Programm Entdecker-Abo Limmatplatz

Montag, 18.11.2024

11:25 – 12:15	Power Yoga
11:30 – 12:00	M.A.X
12:00 – 12:50	Hatha Yoga
12:15 – 13:05	Functional Training
12:35 – 13:25	Pilates
14:00 – 14:50	Gymnastik
15:30 – 16:20	Gymnastik für Senioren
16:50 – 17:40	Pilates
17:50 – 18:40	Zumba
18:50 – 19:50	Les Mills Bodypump
19:00 – 19:50	Zumba
19:15 – 20:05	E-Drums
20:00 – 20:50	Ballett-Workout*

Dienstag, 19.11.2024

07:30 - 08:00	M.A.X
11:20 – 12:10	Fitnessboxen
11:25 – 12:15	Hatha Yoga
11:30 – 12:20	Pilates
12:25 – 13:15	Yoga für den Rücken
12:30 – 13:30	Les Mills Bodypump
17:50 – 18:40	Bodytoning
18:00 – 18:50	Aerial Yoga*
18:00 – 18:50	Bauch Beine Po*
18:10 – 19:00	Power Yoga
19:00 – 19:50	Zumba
19:10 – 20:00	Pilates

Mittwoch, 20.11.2024

07:15 – 08:15	Les Mills Bodypump
11:20 – 12:20	Les Mills Bodypump
11:25 – 12:15	Pilates
12:00 – 12:50	Faszien Yoga
12:25 – 13:15	Fitness-Trampolin Jumping
12:30 – 13:20	Bauch Beine Po
17:25 – 18:15	Bodytoning
17:30 – 18:20	Fitness-Trampolin Jumping
18:00 – 18:50	Meditation
19:00 – 19:50	Bodytoning
19:10 – 20:00	Dance

Donnerstag, 21.11.2024

07:30 – 08:00	M.A.X
10:55 – 11:45	Tai Chi Chuan
11:30 – 12:20	Bodytoning
11:30 – 12:20	Aerial Yoga*
12:00 – 12:50	Hatha Yoga
12:30 – 13:20	Aerial Yoga

12:30 - 13:20	Bauch Beine Po
17:30 – 18:20	Pilates
18:00 – 18:50	Bootcamp Outdoor
18:30 – 19:20	Bauch Beine Po
18:30 – 19:30	Fitnessboxen
18:30 – 19:50	Qi Gong
19:30 – 20:20	Pilates

Freitag, 22.11.2024

09:15 – 10:05	Gymnastik
11:30 – 12:20	Bauch Beine Po
11:30 – 12:20	Achtsamkeitstraining
11:40 – 12:30	Pilates
12:30 – 13:20	Fitness-Trampolin Jumping
12:40 – 13:30	Yin Yoga*
12:40 – 13:30	Yoga für den Rücken*
13:00 – 13:50	Fitnessboxen
17:30 – 18:20	Rückentraining

Montag, 25.11.2024

11:25 – 12:15	Power Yoga
11:30 – 12:00	M.A.X
12:00 – 12:50	Hatha Yoga
12:15 – 13:05	Functional Training
12:35 – 13:25	Pilates
14:00 – 14:50	Gymnastik
15:30 – 16:20	Gymnastik für Senioren
16:50 – 17:40	Pilates
17:50 – 18:40	Zumba
18:50 – 19:50	Les Mills Bodypump
19:00 – 19:50	Zumba
19:15 – 20:05	E-Drums
20:00 – 20:50	Ballett-Workout*
20:10 – 21:00	E-Drums

Dienstag, 26.11.2024

07:30 - 08:00	M.A.X
11:20 – 12:10	Fitnessboxen
11:25 – 12:15	Hatha Yoga
11:30 – 12:20	Pilates
12:25 – 13:15	Yoga für den Rücken
12:30 – 13:30	Les Mills Bodypump
17:50 – 18:40	Bodytoning
18:00 – 18:50	Aerial Yoga*
18:00 – 18:50	Bauch Beine Po*
18:10 – 19:00	Power Yoga
19:00 – 19:50	Zumba
19:10 – 20:00	Pilates

Mittwoch, 27.11.2024

07:15 – 08:15	Les Mills Bodypump
11:20 – 12:20	Les Mills Bodypump
11:25 – 12:15	Pilates
12:00 – 12:50	Faszien Yoga
12:25 – 13:15	Fitness-Trampolin Jumping
12:30 – 13:20	Bauch Beine Po
17:25 – 18:15	Bodytoning
17:30 – 18:20	Fitness-Trampolin Jumping
18:00 – 18:50	Meditation
19:00 – 19:50	Bodytoning
19:10 – 20:00	Dance

Donnerstag, 28.11.2024

07:30 – 08:00	M.A.X
10:55 – 11:45	Tai Chi Chuan
11:30 – 12:20	Bodytoning
11:30 – 12:20	Aerial Yoga*
12:00 – 12:50	Hatha Yoga
12:30 – 13:20	Aerial Yoga
12:30 - 13:20	Bauch Beine Po
17:30 – 18:20	Pilates
18:00 – 18:50	Bootcamp Outdoor
18:30 – 19:20	Bauch Beine Po
18:30 – 19:30	Fitnessboxen
18:30 – 19:50	Qi Gong
19:30 – 20:20	Pilates

Freitag, 29.11.2024

09:15 – 10:05	Gymnastik
11:30 – 12:20	Bauch Beine Po
11:30 – 12:20	Achtsamkeitstraining
11:40 – 12:30	Pilates offen
12:30 – 13:20	Fitness-Trampolin Jumping
12:40 – 13:30	Yin Yoga*
12:40 – 13:30	Yoga für den Rücken*
13:00 – 13:50	Fitnessboxen
17:30 – 18:20	Rückentraining

○ = Kurs findet online statt

* = Durchführung noch offen