

KURSPLAN

NEVER GIVE UP

Figur & Ausdauer

Gesundheit & Kraft

Prävention & Reha

Körper & Geist

Mo

Di

Mi

Do

Fr

9:00-9:45
Jumping
Fitness

16:30-17:30
Kids
Workout

9:00-9:45
Beckenboden
Gymnastik

9:00-9:45
Fit in den
Tag

9:00-9:45
Faszien Fit
Strech & Relax

9:00-9:45
Neue
Rückenschule

17:15-18:00
Jumping
Fitness

10:15-11:15
Rehasport-
Orthopädie

17:15-18:00
Jumping
Fitness

10:00-11:00
Rehasport-
Orthopädie

9:00-9:45
Rücken
Power

17:30-18:30
Teens
Workout

17:15-18:00
Drums
Alive

17:45-18:45
Rehasport-
Orthopädie

16:00-16:45
Jumping
Kids

16:00-16:45
Jumping
Kids

18:15-19:15
Pilates

18:15-19:00
Jumping
Fitness

18:15-19:00
Bauch-
Beine-Po

17:15-16:45
Strong
Body

19:00-20:00
Zumba

19:00-19:45
Functional
Training

19:00-20:00
Rücken-
power

18:15-19:00
Indoor
Cycling

19:30-20:30
Vinyase
Yoga

18:15-19:00
Indoor
Cycling

18:15-19:00
Surprise
Kids

19:15-20:00
Step-
Arobic

20:00-20:50
Core
Stability

Download




Öffnungszeiten*

Montag	06:00-21:30
Dienstag	06:00-21:30
Mittwoch	06:00-21:30
Donnerstag	06:00-21:30
Freitag	06:00-20:00
Samstag	10:00-18:00
Sonntag	09:00-18:00



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