

# KURSPLAN

## EMMENDINGEN

📍 Am Sportfeld 21

🌐 [www.rueckgrat-fitness.de](http://www.rueckgrat-fitness.de)

☎ 07641 / 48873

| MONTAG                               | DIENSTAG                       | MITTWOCH                            | DONNERSTAG                           | FREITAG                            | SAMSTAG                            |
|--------------------------------------|--------------------------------|-------------------------------------|--------------------------------------|------------------------------------|------------------------------------|
| 9:00-10:00<br>Wirbelsäulengymnastik  | 08:45-10:15<br>Yoga            | 9:00-10:00<br>Wirbelsäulengymnastik | 9:00-10:00<br>Wirbelsäulengymnastik  | 9:00-09:45<br>Rehapor              | 13:30-14:30<br>Pump                |
| 10:00-11:00<br>Indoor Cycling        | 09:00-09:30<br>Rückgrat Pur    | 10:00-10:15<br>Brain Pur            | 10:00-10:30<br>Barfuß Pur            | 9:00-10:00<br>Figur Fit            | 14:45- 15:45 Uhr<br>Indoor Cycling |
| 10:15-10:45<br>Rückgrat Pur          | 09:30-10:30<br>Figur Fit       |                                     | 10:30-11:15<br>Rehasport             | 10:00-10:30<br>Rückgrat Pur        |                                    |
| 16:30-17:00<br>Barfuß Pur            | 10:30-11:15<br>Rehasport       | 10:15-11:00<br>Rehasport            | 11:15- 12:00<br>Rehasport            | 10:00-11:00<br>Pump                |                                    |
|                                      | 11:15-12:00<br>Rehasport       | 11:00-11:45<br>Rehasport Lunge      | 15:15-16:00<br>Rehasport             |                                    |                                    |
| 17:30-18:30<br>4STREATZ®             | 16:30-17:15<br>Rehasport Lunge | 16:00-16:45<br>Rehasport            | 17:30-18:00<br>Rückgrat Pur          |                                    |                                    |
| 17:30-19:00<br>Yoga                  | 17:30-18:30<br>Figur Fit       | 17:00-17:45<br>Rehasport            | 17:30-18:30<br>Tabata                | 17:00-17:45<br>Rehasport           | 09:30-10:30<br>Figur Fit           |
| 18:00-19:00<br>Outdoor Gehgruppe     | 17:30-18:00<br>Rückgrat Pur    | 17:15-17:45<br>Faszien Pur          | 18:00-18:45<br>Rehasport             | 18:00-19:00<br>Figur Fit           | 10:30-11:30<br>Figur Fit           |
| 18:30-19:30<br>Pump                  | 18:00-19:00<br>Pilates & More  | 18:00-19:00<br>Figur Fit            | 18:30-19:30<br>Pump                  | 18:00-18:30<br>Hals-Nacken-Migräne |                                    |
| 19:15-20:15<br>Wirbelsäulengymnastik | 18:45-19:45<br>Zumba           | 18:15-19:45<br>Yoga                 | 19:00-20:00<br>Wirbelsäulengymnastik | 18:30-19:00<br>Rückgrat Pur        |                                    |
| 19:40-20:40<br>Indoor Cycling        | 19:00-20:00<br>Pilates & More  | 19:00-20:00<br>Dance Fit            | 19:40-20:40<br>Indoor Cycling        |                                    |                                    |

## SONNTAG

**Anmeldung:** 24h vor Kursbeginn,  
telefonisch oder per GymX App

**GÜLTIG AB 23.03.2026**