

JULI 2026

MO	DI	MI	DO	FR	SA	SO
	30 Morning Yoga 7:15 - 8:15 Full Body Workout 18:00 - 19:00	1 Rückenfit/Stretching 16:30 - 18:00	2 Spike Ball 18:00 - 19:00	3	4	5 Kettlebell im Park 10:30 - 12:00 Fussballtreff * 13:00 - 15:00
6	7 Morning Yoga 7:15 - 8:15 Full Body Workout 18:00 - 19:00	8 Rückenfit/Stretching 16:30 - 18:00	9 Lauftreff 17:00 - 18:00	10	11 Schnupperwandern * 14:00 - 17:00	12 Pilates 11:00 - 12:00
13	14 Morning Yoga 7:15 - 8:15	15 Rückenfit/Stretching 16:30 - 18:00	16 Kettlebell im Park 16:30 - 18:00	17	18 Zumba 10:30 - 11:30	19 Pilates 11:00 - 12:00
20	21 Morning Yoga 7:15 - 8:15 Full Body Workout 18:00 - 19:00	22 Rückenfit/Stretching 16:30 - 18:00	23	24	25 Yoga + Wandern 11:00 - 14:00	26
27	28 Qigong 17:00 - 18:00	29 Rückenfit/Stretching 16:30 - 18:00 Basketball * 18:00 - 19:00	30 Mobilitäts & Stabilitätstraining 18:30 - 19:15	31		

AUGUST 2026

MO	DI	MI	DO	FR	SA	SO
				31	1	2 Fussballtreff ✿ 13:00 - 15:00
3	4 Full Body Workout 18:00 - 19:00	5 Rückenfit / Stretching 16:30 - 18:00 Basketball ✿ 18:00 - 19:00	6 Mobilitäts & Stabilitätstraining 18:30 - 19:15	7	8	9 Akrobatisches Yoga 11:00 - 12:00
10	11 Morning Yoga 7:15 - 8:15 Spike Ball 18:00 - 19:00	12 Rückenfit / Stretching 16:30 - 18:00 Basketball ✿ 18:00 - 19:00	13 Mobilitäts & Stabilitätstraining 18:30 - 19:15	14	15 Abendspaziergang mit Einkehr-Option ✿ 17:30 - 19:00	16 Pilates 11:00 - 12:00
17	18 Morning Yoga 7:15 - 8:15 Spike Ball 18:00 - 19:00	19 Rückenfit / Stretching 16:30 - 18:00 Basketball ✿ 18:00 - 19:00	20 Mobilitäts & Stabilitätstraining 18:30 - 19:15	21	22	23 Kettlebell im Park 10:30 - 12:00
24	25 Morning Yoga 7:15 - 8:15 Spike Ball 18:00 - 19:00	26 Rückenfit / Stretching 16:30 - 18:00	27	28	29 Basketball 3x3 Turnier ✿	30 Akrobatisches Yoga 11:00 - 12:00 Basketball 3x3 Turnier ✿