

Mo

Di

Mi

Do

Fr

Sa

08

09

10

11

08

09

10

11

Starker Rücken
08:30-09:30
11 x
GymH

Toso X
08:15-09:45
11 x
GymR

Body-Tuning strong
08:30-09:30
11 x
GymH

Yoga
08:30-09:30
11 x
GymR

Body Tuning soft
08:15-09:15
11 x
Sp.EG

Step-Aerobic
08:30-09:30
11 x
Sp.EG

Knieschule
08:00-09:00
11 x
BR
NEU!

Starker Rücken
08:30-09:30
11 x
GymH

ChiFit
08:00-09:00
11 x
Sp.EG

Body-Tuning strong
08:15-09:15
11 x
Sp.UG

Babys in Motion W1
09:00-09:45
11 x
Dojo

Starker Rücken
09:30-10:30
11 x
GymH

PumpFit
09:30-10:30
11 x
GymH

Body-Tuning Mama
09:00-10:00
11 x
GymR

Yoga
09:30-10:30
11 x
GymR

Bebo nach Geburt
09:00-10:00
11 x
Dojo
NEU!

Babys in Motion W4
09:00-09:45
11 x
Dojo

Fit im Alltag
09:00-10:00
11 x
BR
NEU!

Mama FIT Baby MIT
09:00-10:00
11 x
Dojo
NEU!

BikeFit
09:30-10:30
11 x
GymR

Babys in Motion W2
10:00-10:45
11 x
Dojo

Body-Tuning strong
10:00-11:00
11 x
Sp.EG

Bebo Männer
10:30-11:30
11 x
GymH

5 Esslinger
10:30-11:30
10 x
GymH

Babys in Motion W5
10:00-10:45
11 x
Dojo

Pilates
10:00-11:00
11 x
Sp.UG
NEU!

Pilates
09:30-10:30
11 x
GymH
NEU!

Bebo Frauen
10:30-11:30
11 x
GymH

BikeFit mit Gym
10:45-11:45
11 x
GymR

Capoeira 6-9 J.
10:30-12:00
11 x
Sp.UG
NEU!

Buggy in Motion
11:00-12:00
11 x
Outdoor2
NEU!

Zumba®
11:00-12:00
11 x
Sp.EG

Bebo Frauen
11:30-12:30
11 x
GymH

5 Esslinger
10:30-11:30
10 x
GymH

5 Esslinger
11:00-12:00
11 x
BR
NEU!

Kursbuchung einfach
Unsere Kurse können Sie online buchen unter:
www.mtv-ludwigsburg.de/kurse



Kursprogramm Herbst/Winter 2022

16

17

18

19

20

21

16

17

18

19

20

21

Aqua-Vital
16:00-16:50
11 x
Grünb.

Body-Tuning soft
17:00-17:45
11 x
GymH

Yoga
17:45-19:00
10 x
Schlö

Yoga
18:30-20:00
11 x
BR

PowerCore
18:00-19:00
11 x
GymH

Starker Rücken
17:00-18:15
11 x
GymR

Lauftreff
18:30-20:00
11 x
Outdoor1

Antara®
17:30-18:30
11 x
GymH

Zumba®
17:00-18:00
11 x
GymH

Zumba®
17:45-18:45
11 x
GymH

Jumping4FUN
18:15-19:15
11 x
Sp.UG

Step-Aerobic
18:30-19:30
11 x
Sp.EG

Starker Rücken
18:30-19:30
11 x
GymH

BikeFit
18:15-19:15
11 x
GymR

Bebo Frauen
18:30-19:30
11 x
BR

Aqua-Vital
18:50-19:40
11 x
Schw.Frö
NEU!

Yoga Anfänger
18:15-19:45
11 x
GymR

Pilates
18:00-19:00
11 x
Sp.UG

Fitness-Boxen Anfänger
18:30-20:00
11 x
BR

Power Dumbell®
18:30-20:00
11 x
GymH

Jumping4FUN
18:30-19:30
11 x
Sp.UG

Funktionelles Training
18:30-19:30
11 x
Sp.EG

Hula Hoop
18:30-19:30
11 x
GymR
NEU!

Yoga
18:00-19:00
11 x
GymR
NEU!

Piloxing
18:00-19:00
11 x
GymH

Sportstätten
Bewegungszentrum Bebenhäuser Str.
BWL MTV Bewegungsland
GymH MTV Gymnastikhalle
GymR MTV Gymnastikraum
Sp.EG MTV Sporthalle EG
Sp.UG MTV Sporthalle UG
Outdoor1 Treffpunkt vor BWZ1

HIT
18:45-19:45
11 x
GymH

Jumping4FUN
19:15-20:15
11 x
Sp.UG

Starker Rücken
19:30-20:30
11 x
Sp.EG

Hot IRON®
19:30-20:30
11 x
GymH

Yoga
19:40-20:40
11 x
GymR

Yoga
19:40-20:40
11 x
GymR

10 to 10
19:00-20:15
11 x
GymH

Yoga
18:30-19:45
11 x
SR UG

HIT
19:00-20:00
11 x
Sp.UG
NEU!

Fitness-Boxen Fortgeschrittene
20:00-21:30
11 x
BR

Zumba®
20:00-21:00
11 x
GymH

Jumping4FUN
19:30-20:30
11 x
Sp.UG

Step-Aerobic
19:30-20:30
11 x
Sp.EG

BikeFit
19:30-20:30
11 x
GymR

Pilates
19:00-20:00
11 x
GymR

Body-Tuning
19:00-20:00
11 x
GymH
NEU!

Bewegungszentrum Brüner Str.
BR MTV Bewegungsraum
Dojo MTV Dojo
SR UG MTV Sportraum UG
Outdoor2 Treffpunkt vor BWZ2

Hot IRON®
19:45-20:45
11 x
GymH

Karate Anf.
19:00-20:00
11 x
Elly

10 to 10
20:30-21:30
11 x
GymH

Yoga
20:40-21:40
11 x
GymR

Yoga
20:40-21:40
11 x
GymR

Total Body-Workout for Men
20:15-21:45
11 x
GymH

Total Body-Workout for Men
20:15-21:45
11 x
GymH

Zumba®
20:00-21:00
11 x
GymH

Aqua-Vital
20:00-20:50
11 x
Schw.Frö

Aqua-Vital
20:00-20:50
11 x
Schw.Frö

Externe Sportstätten
Elly Elly-Heuss-Knapp-TH
Grünb. Eichendorffschule
Grünbühl, Schwimmbad
Schlö Schließfeld Sporthalle
Schw.Frö Schwimmhalle Fröbelschule