

Mo

Di

Mi

Do

Fr

Sa

08

Aerial Yoga  
08:30-10:00  
BR

NEU!

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

Starker  
Rücken  
08:30-09:30  
GymH

Starker  
Rücken  
09:30-10:30  
GymH

Toso X  
08:15-09:45  
GymR

Knieschule  
09:00-10:00  
Sp.EG

NEU!

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

Zumba®  
11:00-12:00  
Sp.EG

10

Aerial Yoga  
10:15-11:45  
BR

NEU!

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

Buggy in  
Motion  
11:00-12:00  
Outdoor2

PumpFit  
09:30-10:30  
GymH

Aerial Yoga  
09:00-10:30  
BR

NEU!

Aerial Yoga  
10:45-12:15  
BR

NEU!

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

Yoga  
08:30-09:30  
GymR

Yoga  
09:30-10:30  
GymR

Bebo Frauen  
10:30-11:30  
GymH

Bebo Männer  
11:30-12:30  
GymH

Yoga für  
Mamas  
10:45-11:45  
GymR

NEU!

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

Yoga  
08:30-09:30  
GymR

5 Esslinger  
10:30-11:30  
GymH

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

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

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

Pilates  
10:00-11:00  
Sp.UG

NEU!

Fit im Alltag  
09:00-10:00  
BR

Starker  
Rücken  
08:30-09:30  
GymH

Pilates  
09:30-10:30  
GymH

Mama FIT  
Baby MIT  
09:00-10:00  
Dojo

Fit in der  
Schwangersch.  
11:00-12:00  
Dojo

NEU!

ChiFit  
08:00-09:00  
Sp.EG

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

BikeFit  
09:30-10:30  
GymR

BikeFit mit  
Gym  
10:45-11:45  
GymR

Aerial Yoga  
10:45-12:15  
BR

NEU!

08

09

10

Capoeira  
6-9 J.  
10:30-12:00  
Sp.UG



# Kursprogramm Sommer 2023

Kursbuchung  
einfach

Unsere Kurse können  
Sie online buchen unter:  
[www.mtv-ludwigsburg.de/kurse](http://www.mtv-ludwigsburg.de/kurse)



16

Wasser-  
gewöhnung  
15:15-16:00  
Grünb.

NEU!

Aqua-Vital  
16:00-16:50  
Grünb.

Aerial Yoga  
15:00-16:15  
BR

NEU!

Aqua-Vital  
15:30-16:30  
Schubart

NEU!

## Externe Sportstätten

Elly Grünb. Elly-Heuss-Knapp-TH  
Grünb. Eichendorffschule  
Schlö Schöbelsfeld Sporthalle  
Schw.Frö Schwimmhalle Fröbelschule  
Schubart Schwimmhalle Schubartschule

16

17

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

Zumba®  
17:45-18:45  
GymH

Yoga  
17:45-19:00  
Schlö

Jumping4FUN  
18:15-19:15  
Sp.UG

Yoga  
18:30-20:00  
BR

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

Jumping4FUN  
19:15-20:15  
Sp.UG

Starker  
Rücken  
19:30-20:30  
Sp.EG

18

BikeFit  
18:30-19:30  
GymR

BikeFit  
19:30-20:30  
GymR

BikeFit  
20:30-21:30  
GymR

HIT  
18:45-19:45  
GymH

Hot IRON®  
19:45-20:45  
GymH

AROHA®  
20:45-21:45  
GymH

Karate Anf.  
19:00-20:00  
Elly

Starker  
Rücken  
18:30-19:30  
GymH

Hot IRON®  
19:30-20:30  
GymH

10 to 10  
20:30-21:30  
GymH

BikeFit  
18:15-19:15  
GymR

Yoga  
19:40-20:40  
GymR

Yoga  
20:40-21:40  
GymR

LachYoga  
18:00-19:00  
SR UG

NEU!

Bebo Frauen  
18:30-19:30  
BR

PowerCore  
18:00-19:00  
GymH

Aqua-Vital  
18:50-19:40  
Schw.Frö

10 to 10  
19:00-20:15  
GymH

Zumba®  
19:00-20:00  
Sp.EG

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

Starker  
Rücken  
17:00-18:15  
GymR

Yoga Anfänger  
18:15-19:45  
GymR

Yoga  
18:30-19:45  
SR UG

Yoga  
Mittelstufe  
19:45-21:15  
GymR

Pilates  
18:00-19:00  
Sp.UG

HIT  
19:00-20:00  
Sp.UG

Aerial Yoga  
16:30-17:45  
BR

NEU!

Aerial Yoga  
17:45-19:00  
BR

NEU!

Laufftreff  
18:30-20:00  
Outdoor1

Antara®  
17:30-18:30  
GymH

Power  
Dumbell®  
18:30-20:00  
GymH

Zumba®  
20:00-21:00  
GymH

Jumping4FUN  
18:30-19:30  
Sp.UG

Jumping4FUN  
19:30-20:30  
Sp.UG

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

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

Hula Hoop  
18:30-19:30  
GymR

BikeFit  
19:30-20:30  
GymR

Aqua-Vital  
20:00-20:50  
Schw.Frö

Zumba®  
17:00-18:00  
GymH

Yoga  
18:00-19:00  
GymR

Pilates  
19:00-20:00  
GymR

Aerial Yoga  
17:00-18:15  
BR

NEU!

Pilates meets  
Boxing  
18:00-19:00  
GymH

Body-Tuning  
19:00-20:00  
GymH

Aerial Yoga  
18:30-19:45  
BR

NEU!

17

18

19

20

## Sportstätten

**Bewegungszentrum Bebenhäuser Str.**  
BWL GymH  
Sp.EG  
Sp.UG  
Outdoor1

**Bewegungszentrum Brüner Str.**  
BR Dojo  
SR UG  
Outdoor2  
Treffpunkt vor BWZ1

**Bewegungszentrum**  
MTV Bewegungsland  
MTV Gymnastikhalle  
MTV Gymnastikraum  
MTV Sporthalle EG  
MTV Sporthalle UG  
Treffpunkt vor BWZ1

**Bewegungszentrum**  
MTV Bewegungsraum  
MTV Dojo  
MTV Sportraum UG  
Treffpunkt vor BWZ2