

Mo

Di

Mi

Do

Fr

Sa

So

08

**Aerial Yoga**  
08:30-10:00  
BR

NEU!

**Toso X**  
08:15-09:45  
GymR

**Starker Rücken**  
08:30-09:30  
GymH

**Kleingruppen-  
training**  
08:00-09:00  
Sp.EG

NEU!

**Knieschule**  
09:00-10:00  
Sp.EG

**Starker Rücken**  
09:30-10:30  
GymH

**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

**Zumba®**  
11:00-12:00  
Sp.EG

09

**Body-Tuning  
Mama**  
09:00-10:00  
Dojo

**PumpFit**  
09:30-10:30  
GymH

**Aerial Yoga**  
09:00-10:15  
BR

NEU!

**Pilates &  
Mobility**  
10:30-11:30  
BR

NEU!

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

**Yoga**  
08:30-09:30  
GymR

**Bebo nach  
Schwangersch.**  
09:00-10:00  
Dojo

**Yoga**  
09:30-10:30  
GymR

**Mama-feels-  
GOOD Stretch  
& Mobility**  
10:00-11:00  
Dojo

NEU!

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

**Yoga für  
Mamas**  
10:45-11:45  
GymR

**Bebo Männer**  
11:30-12:30  
GymH

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

**Yoga**  
08:15-09:30  
GymR

NEU!

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

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

**Fit im Alltag**  
09:00-10:00  
BR

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

**Funktionelles  
Gesundheits-  
training**  
10:30-11:30  
GymH

**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.**  
10:00-11:00  
Dojo

**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**  
11:00-12:15  
BR

NEU!

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

08

09

10

**Selbst-  
verteidigung**  
11:00-12:00  
Sp.UG

NEU!



# Kursprogramm Herbst/Winter 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.

**Aqua-Vital**  
16:00-16:50  
Grünb.

**Aerial Yoga**  
15:00-16:15  
BR

NEU!

### Externe Sportstätten

Grünb. Eichendorffschule  
Grünbühl, Schwimmbad  
Schlö Schloßlesfeld Sporthalle  
Schw.Frö Schwimmhalle Fröbelschule

**Aerial Yoga  
für Schwangere**  
15:15-16:45  
BR

NEU!

17

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

**Yoga**  
17:45-19:00  
Schlö

**Yoga**  
18:30-20:00  
BR

**Starker  
Rücken**  
17:00-18:15  
GymR

**Aerial Yoga**  
16:30-17:45  
BR

NEU!

**Antara®**  
17:30-18:30  
GymH

**Aerial Yoga**  
17:00-18:15  
BR

NEU!

**Zumba®**  
17:00-18:00  
GymH

18

**BikeFit**  
18:30-19:30  
GymR

**Zumba®**  
17:45-18:45  
GymH

**Jumping4FUN**  
18:15-19:15  
Sp.UG

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

**Starker  
Rücken**  
18:30-19:30  
GymH

**BikeFit**  
18:15-19:15  
GymR

**Bebo Frauen**  
18:30-19:30  
Sp.EG

**PowerCore**  
18:00-19:00  
GymH

**Aqua-Vital**  
18:50-19:40  
Schw.Frö

**Yoga Anfänger**  
18:15-19:45  
GymR

**Pilates**  
18:00-19:00  
Sp.UG

**Aerial Yoga**  
17:45-19:00  
BR

NEU!

**Power  
Dumbell®**  
18:30-20:00  
GymH

**Jumping4FUN**  
18:30-19:30  
Sp.UG

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

**Hula Hoop**  
18:30-19:30  
GymR

**Yoga**  
18:00-19:00  
GymR

**Aerial Yoga**  
18:30-19:45  
BR

NEU!

**Pilates meets  
Boxing**  
18:00-19:00  
GymH

**BikeFit**  
19:30-20:30  
GymR

**Hot IRON®**  
19:45-20:45  
GymH

**Jumping4FUN**  
19:15-20:15  
Sp.UG

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

**Hot IRON®**  
19:30-20:30  
GymH

**Yoga**  
19:40-20:40  
GymR

**10 to 10**  
19:00-20:15  
GymH

**Zumba®**  
19:00-20:00  
Sp.EG

**Yoga**  
18:30-19:45  
SR UG

**Kleingruppen-  
training**  
19:15-20:15  
Sp.UG

NEU!

**Zumba®**  
20:00-21:00  
GymH

**Jumping4FUN**  
19:30-20:30  
Sp.UG

**CIRCL  
Mobility™**  
19:30-20:30  
Sp.EG

**BikeFit**  
19:30-20:30  
GymR

**Pilates**  
19:00-20:00  
GymR

**Aerial Yoga**  
18:30-19:45  
BR

NEU!

**Body-Tuning**  
19:00-20:00  
GymH

**BikeFit**  
20:30-21:30  
GymR

**AROHA®**  
20:45-21:45  
GymH

**Jumping4FUN**  
19:15-20:15  
Sp.UG

**10 to 10**  
20:30-21:30  
GymH

**10 to 10**  
20:30-21:30  
GymH

**Yoga**  
20:40-21:40  
GymR

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

**Kleingruppen-  
training**  
19:15-20:15  
Sp.UG

NEU!

**Zumba®**  
20:00-21:00  
GymH

**Jumping4FUN**  
19:30-20:30  
Sp.UG

**CIRCL  
Mobility™**  
19:30-20:30  
Sp.EG

**BikeFit**  
19:30-20:30  
GymR

**Pilates**  
19:00-20:00  
GymR

**Aerial Yoga**  
18:30-19:45  
BR

NEU!

**Body-Tuning**  
19:00-20:00  
GymH

### Sportstätten

**Bewegungszentrum Bebenhäuser Str.**  
BWL GymH  
MTV Bewegungsl.  
GymR  
Sp.EG  
Sp.UG  
Outdoor1

**Bewegungszentrum Brüner Str.**  
BR Dojo  
MTV Bewegungsraum  
MTV Dojo  
MTV Sporthalle EG  
MTV Sporthalle UG  
Treffpunkt vor BWZ1

16

17

18

19

20

21