






































# Höchststadt goes fit

		Programmübersicht: Engelgarten					Programmübersicht: Abenteuerspielplatz			
31.07.	Montag	10:00 - 11:30 KinderYoga 6 - 10 Jahre <sup>19</sup>		15:00 - 16:00 Heils. Singen im Frauenkreis <sup>18</sup>	16:00 - 17:00 Rücken Fit <sup>1</sup>	17:00 - 18:00 Cardio Fit <sup>1</sup>	18:30 - 19:30 Rückenschule <sup>10</sup>			
01.08.	Dienstag	10:00 - 11:00 Seniorengymn.  <sup>8</sup>		16:00 - 17:00 Meditation <sup>23</sup>	17:00 - 18:00 Qi Gong <sup>11</sup>	18:00 - 18:45 Bauch Beine Po <sup>1</sup>	19:00 - 19:45 Mobility, Str. & R. <sup>1</sup>	18:30 - 19:30 Stretch & Strengthen <sup>9</sup>	19:45 - 20:45 Total Body Workout <sup>9</sup>	
02.08.	Mittwoch	10:00 - 10:45 Rückentr. Sen. <sup>1</sup>	11:00 - 11:45 Faszien + Dehnen <sup>1</sup>	14:00 - 15:00 Kneippauszeit  <sup>15</sup>	15:00 - 16:00 Clever Essen  <sup>15</sup>	16:00 - 16:30 Meditation <sup>2</sup>	18:00 - 19:00 Mobilisations- training <sup>12</sup>			
03.08.	Donnerstag	10:00 - 11:00 Wiese bewegt f. d. Kleinsten <sup>3</sup>	14:30 - 15:30 Eltern-Kind- Tanzen  <sup>14</sup>	16:00 - 17:00 Kinderdisco  <sup>14</sup>	17:00 - 18:00 Vini-Yoga <sup>6</sup>	18:30 - 19:30 Stretch & Strengthen <sup>9</sup>	19:45 - 20:45 Total Body Workout <sup>9</sup>	17:00 - 18:00 Qi Gong  <sup>11</sup>		
04.08.	Freitag	10:00 - 11:00 <sup>17</sup> HathaFlow Yoga		11:00 - 12:00 Pilates <sup>17</sup>		16:00 - 17:00 Meditation <sup>23</sup>		18:00 - 19:00 HIIT <sup>12</sup>		
05.08.	Samstag	09:30 - 10:30 Total Body Workout <sup>9</sup>		10:45 - 11:45 Mobilisation <sup>9</sup>				15:30 - 16:30 Nordic Walking  <sup>20</sup>		
07.08.	Montag	10:00 - 11:30 KinderYoga 6 - 10 Jahre <sup>19</sup>				16:00 - 17:00 Rücken Fit <sup>1</sup>	17:00 - 18:00 Cardio Fit <sup>1</sup>	18:00 - 19:00 HIIT <sup>12</sup>		
08.08.	Dienstag	10:00 - 11:00 Seniorengymn.  <sup>8</sup>				16:00 - 17:00 Heils. Singen im Frauenkreis <sup>18</sup>	17:00 - 18:00 Qi Gong <sup>11</sup>			
09.08.	Mittwoch	10:00 - 10:45 Rückentr. Sen. <sup>1</sup>	11:00 - 11:45 <sup>1</sup> Faszien + Dehnen	16:00 - 16:30 Meditation <sup>2</sup>		18:00 - 19:00 <sup>12</sup> Mobilisationstraining				
10.08.	Donnerstag	10:00 - 11:30 KinderYoga 6 - 10 Jahre <sup>19</sup>	13:00 - 14:00 Kinderdisco  <sup>14</sup>	14:30 - 15:30 Eltern-Kind- Tanzen  <sup>14</sup>	16:00 - 17:00 Autogenes Training <sup>5</sup>	17:00 - 18:00 Vini-Yoga <sup>5</sup>	18:00 - 19:00  AROHA <sup>13</sup>	17:00 - 18:00 Qi Gong  <sup>11</sup>		
11.08.	Freitag			15:00 - 16:00 Meditation <sup>23</sup>		18:00 - 19:00 <sup>12</sup> Mobilisationstraining				
12.08.	Samstag	10:00 - 11:00 <sup>17</sup> HathaFlow Yoga		11:00 - 12:00 Pilates <sup>17</sup>				15:30 - 16:30 <sup>20</sup> Nordic Walking 		
14.08.	Montag	10:00 - 11:00  Qi Gong <sup>11</sup>				18:00 - 19:00 HIIT <sup>12</sup>				
16.08.	Mittwoch	10:00 - 11:30 KinderYoga 6 - 10 Jahre <sup>19</sup>		15:00 - 16:00 Heils. Singen im Frauenkreis <sup>18</sup>	16:00 - 17:00 Yoga für Anfänger <sup>22</sup>	17:00 - 18:00 Vinyasa Yoga <sup>22</sup>	18:00 - 19:00 Mobilisations- training <sup>12</sup>			
17.08.	Donnerstag	09:00 - 10:30  WingTsun <sup>21</sup> Erwachsene				16:00 - 17:00 Autogenes Training <sup>5</sup>	17:00 - 18:00 Vini-Yoga <sup>5</sup>	18:00 - 19:00 AROMA  <sup>13</sup>	17:00 - 18:00 Qi Gong  <sup>11</sup>	
18.08.	Freitag	10:00 - 11:00 Pilates <sup>17</sup>	11:00 - 12:00 HathaFlow Yoga <sup>17</sup>				18:00 - 19:00 <sup>16</sup> Athletic Yoga	19:00 - 20:30 <sup>16</sup> Bootcamp Workout		
19.08.	Samstag							15:30 - 16:30 <sup>20</sup> Nordic Walking 		
21.08.	Montag	10:00 - 11:00 Beckenboden- Training für alle <sup>24</sup>				16:00 - 17:00 Rücken Fit <sup>1</sup>	17:00 - 18:00 Cardio Fit <sup>1</sup>	18:00 - 19:00 HIIT <sup>12</sup>	17:00 - 18:00 Total Body Workout <sup>9</sup>	18:15 - 19:15 Stretch & Strengthen <sup>9</sup>
22.08.	Dienstag	10:00 - 11:00 <sup>8</sup> Seniorengymn. 		16:00 - 17:00 <sup>22</sup> Yoga für Anfänger		17:00 - 18:00 <sup>22</sup> Vinyasa Yoga	18:00 - 18:45 <sup>1</sup> Bauch Beine Po	19:00 - 19:45 <sup>1</sup> Mobility, Str. & R.		
23.08.	Mittwoch	10:00 - 10:45 Rückentr. Sen. <sup>1</sup>	11:00 - 11:45 Faszien + Dehnen <sup>1</sup>	16:00 - 17:00 Kneippauszeit  <sup>15</sup>		17:00 - 18:00 YogaLates <sup>9</sup>	18:15 - 19:15 Stretch & Strengthen <sup>9</sup>			
24.08.	Donnerstag					17:00 - 18:00 Viniyoga <sup>6</sup>	18:00 - 19:00  AROHA <sup>13</sup>			
25.-27.08.	Altstadtfest							Sa. 15:30 - 16:30 <sup>20</sup> Nordic Walking 		
28.08.	Montag	09:30 - 10:30 YogaLates <sup>9</sup>	10:45 - 11:45 Mobilisation <sup>9</sup>		16:00 - 17:00 Rücken Fit <sup>1</sup>	17:00 - 18:00 Cardio Fit <sup>1</sup>	18:00 - 19:00 HIIT <sup>12</sup>			
29.08.	Dienstag	10:00 - 11:00 Seniorengymn.  <sup>8</sup>				17:00 - 18:00  Qi Gong <sup>11</sup>	18:00 - 18:45 Bauch Beine Po <sup>1</sup>	19:00 - 19:45 Mobility, Str. & R. <sup>1</sup>	16:30 - 17:30 YogaLates <sup>9</sup>	17:45 - 18:45 Stretch & Strengthen <sup>9</sup>
30.08.	Mittwoch	10:00 - 10:45 Rückentr. Sen. <sup>1</sup>	11:00 - 11:45 Faszien + Dehnen <sup>1</sup>		16:30 - 18:00 Mittelalter- Fechten  <sup>21</sup>		18:00 - 19:00 Mobilisations- training <sup>12</sup>			
31.08.	Donnerstag			16:00 - 17:00 <sup>5</sup> Autogenes Training		17:00 - 18:00 Vini-Yoga <sup>5</sup>	18:00 - 19:00  AROHA <sup>13</sup>	17:00 - 18:00 Qi Gong  <sup>11</sup>		
01.09.	Freitag			15:00 - 16:00 Mobilisation <sup>9</sup>	16:15 - 17:15 Stretch & Strengthen <sup>9</sup>		18:00 - 19:00 HIIT <sup>12</sup>			
02.09.	Samstag	09:30 - 10:30 Total Body Workout <sup>9</sup>		10:45 - 11:45 YogaLates <sup>9</sup>	13:00 - 14:00 Kneippauszeit  <sup>15</sup>	14:00 - 15:00 Clever Essen  <sup>15</sup>	15:30 - 16:30 Nordic Walking  <sup>20</sup>			
04.09.	Montag	10:00 - 11:00 Meditation <sup>23</sup>				16:00 - 17:00 Rücken Fit <sup>1</sup>	17:00 - 18:00 Cardio Fit <sup>1</sup>	18:30 - 19:30 Rückenschule <sup>10</sup>		
05.09.	Dienstag	10:00 - 11:00 Seniorengymn.  <sup>8</sup>		10:45 - 12:15 "in.balance" - die Slackline kennenlernen  <sup>7</sup>		17:00 - 18:00  Qi Gong <sup>11</sup>	18:00 - 18:45 Bauch Beine Po <sup>1</sup>	19:00 - 19:45 Mobility, Str. & R. <sup>1</sup>		
06.09.	Mittwoch	10:00 - 10:45 Rückentr. Sen. <sup>1</sup>	11:00 - 11:45 Faszien + Dehnen <sup>1</sup>	15:00 - 16:00 Heils. Singen im Frauenkreis <sup>18</sup>	16:00 - 17:00 Yoga für Anfänger <sup>22</sup>	17:00 - 18:00 Vinyasa Yoga <sup>22</sup>	18:00 - 19:00 Mobilisations- training <sup>12</sup>			
07.09.	Donnerstag	10:00 - 11:30 Ernährungs- mythen <sup>4</sup>				17:00 - 18:00 Vini-Yoga <sup>6</sup>	18:00 - 19:00  AROHA <sup>13</sup>		17:00 - 18:00 Qi Gong  <sup>11</sup>	
08.09.	Freitag	10:00 - 11:00 Meditation <sup>23</sup>				18:30 - 19:30 Rückenschule <sup>10</sup>				
09.09.	Samstag	09:00 - 10:00 <sup>21</sup> WingTsun Kids 						15:30 - 16:30 <sup>20</sup> Nordic Walking 		

Jeder Termin kann einzeln wahrgenommen werden. Kostenfrei und ohne Anmeldung.

Bitte immer Matte, Handtuch (außer Termine mit ), Getränke und Sonnenschutz mitbringen.

Sportliche und bequeme Kleidung wird empfohlen. Es gibt kein schlechtes Wetter...