












# Kursplan

30.03.2026 - 05.04.2026

TC Training Center  
Kleinbahnstrasse 32  
47906 Kempen  
02152 - 510202  
hallo@tc-kempen.de



| Montag 30.03.2026                       | Dienstag 31.03.2026             | Mittwoch 01.04.2026                     | Donnerstag 02.04.2026               | Freitag 03.04.2026                      | Samstag 04.04.2026                      | Sonntag 05.04.2026                      |
|---|---------------------------------|---|-------------------------------------|---|---|---|
| 08:30 - 09:30<br>Rücken                 | 09:00 - 10:00<br>Spinning       | 08:30 - 09:30<br>Rehasport              | 09:00 - 10:00<br>Spinning           | 09:30 - 10:30<br>Zumba                  | 09:30 - 10:45<br>Vinyasa Yoga 1.&3. ... | 09:15 - 10:15<br>Les Mills Bodypump     |
| 09:30 - 10:30<br>Pilates                | 09:00 - 10:00<br>Rehasport      | 09:30 - 10:30<br>Ganzkörpertraining     | 11:00 - 12:00<br>Rehasport          | 10:30 - 11:30<br>BodyMove               |   | 10:30 - 11:00<br>Les Mills Bodybalan... |
| 10:30 - 11:30<br>Rücken                 | 10:00 - 11:30<br>Hatha Yoga     | 10:30 - 11:30<br>Pilates                | 16:30 - 17:30<br>Rehasport          | 18:00 - 19:00<br>Spinning               |   | 10:30 - 11:15<br>Step Anfänger 1.&3.... |
| 16:30 - 17:30<br>Rehasport              | 16:30 - 17:30<br>Rehasport      | 17:00 - 18:00<br>Rehasport (Wartelis... | 17:30 - 18:00<br>Bauchkiller        | 19:00 - 19:30<br>Functional/ HIIT - ... |   | 11:00 - 11:30<br>Les Mills Core 2.&4... |
| 17:30 - 18:00<br>Powerbauch             | 17:30 - 18:00<br>Les Mills Core | 18:00 - 19:00<br>Body Styling           | 18:00 - 19:00<br>Zumba              |   |   | 11:15 - 12:15<br>Step 1.&3.Sonntag      |
| 18:00 - 19:00<br>Spinning               | 18:00 - 19:00<br>Step           | 18:30 - 19:30<br>Spinning               | 19:00 - 20:00<br>Ganzkörpertraining |   |   |   |
| 18:00 - 19:00<br>Les Mills Bodypump     | 19:00 - 20:00<br>Rücken         | 19:00 - 19:30<br>Functional / HIIT -... | 19:00 - 20:00<br>Spinning           |   |   |   |
| 19:15 - 20:15<br>Spinning               |                                 | 19:00 - 19:30<br>Les Mills Bodybalan... | 20:00 - 21:00<br>Hatha Yoga         |   |   |   |
| 19:15 - 20:15<br>Les Mills Bodybalan... |                                 | 19:30 - 20:30<br>Les Mills Bodypump     |                                     |   |   |   |

-  Balance & Stretc...
-  Entspannung
-  Figur- & Muskelt...
-  Herz- Kreislauf ...
-  Kraftausdauer
-  Les Mills Bodypu...
-  Les Mills Bodyba...
-  Les Mills CXWorx...
-  Rehasport
-  Rücken & Gelenke...

Stand: 05.04.2026