

# Februar 2025

■ Kursplan wellmyway

| Montag                                       | Dienstag   | Mittwoch                                     | Donnerstag  | Freitag | Samstag | Sonntag |
|--|--|--|---|---------|---------|---------|
| 27   | 28   | 29   | 30  | 31      | 1       | 2       |
| 3<br>■ Mo Outdoor Fitness<br>2025 um: 08:45  | 4<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30  | 5<br>■ Mi Outdoor Fitness<br>2025 um: 08:45  | 6<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30  | 7       | 8       | 9       |
| 10<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 11<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 12<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 13<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 14      | 15      | 16      |
| 17<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 18<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 19<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 20<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 21      | 22      | 23      |
| 24<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 25<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 26<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 27<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 28      | 1       | 2       |

# März 2025

■ Kursplan wellmyway

| Montag                                       | Dienstag   | Mittwoch                                     | Donnerstag  | Freitag | Samstag | Sonntag |
|--|--|--|---|---------|---------|---------|
| 24<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 25<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 26<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 27<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 28      | 1       | 2       |
| 3<br>■ Mo Outdoor Fitness<br>2025 um: 08:45  | 4<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30  | 5<br>■ Mi Outdoor Fitness<br>2025 um: 08:45  | 6<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30  | 7       | 8       | 9       |
| 10<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 11<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 12<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 13<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 14      | 15      | 16      |
| 17<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 18<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 19<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 20<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 21      | 22      | 23      |
| 24<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 25<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 26<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 27<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 28      | 29      | 30      |
| 31   | 1  | 2  | 3   | 4       | 5       | 6       |

# April 2025

■ Kursplan wellmyway

| Montag                                       | Dienstag   | Mittwoch                                     | Donnerstag  | Freitag | Samstag | Sonntag |
|--|--|--|---|---------|---------|---------|
| 31   | 1  | 2  | 3   | 4       | 5       | 6       |
| 7<br>■ Mo Outdoor Fitness<br>2025 um: 08:45  | 8<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30  | 9<br>■ Mi Outdoor Fitness<br>2025 um: 08:45  | 10<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 11      | 12      | 13      |
| 14<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 15<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 16<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 17<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 18      | 19      | 20      |
| 21   | 22<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 23<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 24<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 25      | 26      | 27      |
| 28<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 29<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 30<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 1   | 2       | 3       | 4       |

# Mai 2025

■ Kursplan wellmyway

| Montag                                       | Dienstag   | Mittwoch                                     | Donnerstag  | Freitag | Samstag | Sonntag |
|--|--|--|---|---------|---------|---------|
| 28<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 29<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 30<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 1   | 2       | 3       | 4       |
| 5<br>■ Mo Outdoor Fitness<br>2025 um: 08:45  | 6<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30  | 7<br>■ Mi Outdoor Fitness<br>2025 um: 08:45  | 8<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30  | 9       | 10      | 11      |
| 12<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 13<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 14<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 15<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 16      | 17      | 18      |
| 19<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 20<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 21<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 22<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 23      | 24      | 25      |
| 26<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 27<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 28<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 29  | 30      | 31      | 1       |

# Juni 2025

■ Kursplan wellmyway

| Montag                                       | Dienstag   | Mittwoch                                     | Donnerstag  | Freitag | Samstag | Sonntag |
|--|--|--|---|---------|---------|---------|
| 26<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 27<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 28<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 29  | 30      | 31      | 1       |
| 2  | 3  | 4  | 5   | 6       | 7       | 8       |
| 9  | 10   | 11   | 12  | 13      | 14      | 15      |
| 16<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 17<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 18<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 19<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 20      | 21      | 22      |
| 23<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 24<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 25<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 26<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 27      | 28      | 29      |
| 30<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 1<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30  | 2<br>■ Mi Outdoor Fitness<br>2025 um: 08:45  | 3<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30  | 4       | 5       | 6       |

# Juli 2025

■ Kursplan wellmyway

| Montag                                       | Dienstag  | Mittwoch                                    | Donnerstag  | Freitag | Samstag | Sonntag |
|--|---|---|---|---------|---------|---------|
| 30<br>■ Mo Outdoor Fitness<br>2025 um: 08:45 | 1<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 2<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 3<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30  | 4       | 5       | 6       |
| 7<br>■ Mo Outdoor Fitness<br>2025 um: 08:45  | 8<br>■ Di Osteofitness 2025<br>um: 08:45<br>■ Di Antara Fitness 2025<br>um: 18:30 | 9<br>■ Mi Outdoor Fitness<br>2025 um: 08:45 | 10<br>■ DO Antara Fitness<br>2025 um: 09:00<br>■ Do Functional Training<br>2025 um: 18:30 | 11      | 12      | 13      |
| 14   | 15  | 16  | 17  | 18      | 19      | 20      |
| 21   | 22  | 23  | 24  | 25      | 26      | 27      |
| 28   | 29  | 30  | 31  | 1       | 2       | 3       |