

Mo	Back Health 09:00 - 10:00 ★ Studio 2	Body Sculpt 10:00 - 11:00 ★ Studio 1	Antara® 10:00 - 11:00 ★ Studio 2	Aqua Fitness 10:15 - 11:00 ★ Pool	Medit. & Stretch 12:30 - 13:30 ★ Studio 2	Pilates 17:00 - 18:00 ★ Studio 2	Faszien Training 17:30 - 18:00 ★ Studio 1	Sixpack Workout 18:00 - 18:30 ★ Studio 1	Pilates 18:00 - 19:00 ★ Studio 2	Harris Kick 18:30 - 19:30 ★★ Studio 1	Zirkel Training 18:30 - 19:00 ★ Fitness Floor	X-Country Spin 19:10 - 20:10 ★ Spinstudio	Astanga Yoga 19:15 - 20:45 ★★ Studio 2	Zumba® 19:30 - 20:30 ★ Studio 1
Di	Basic Spin 07:00 - 08:00 ★ Spinstudio	Cardio Step 09:15 - 10:15 ★ Studio 1	Pilates 10:00 - 11:00 ★ Studio 2	Harris Pump 10:15 - 11:15 ★ Studio 1	Astanga Yoga 12:30 - 14:00 ★ Studio 2	Power Sculpt 14:00 - 15:00 ★★ Studio 1	Pilates 17:30 - 18:30 ★ Studio 2	John Harris HIIT 17:30 - 18:00 ★ Studio 1	Sixpack Workout 18:00 - 18:30 ★ Studio 1	Cardio Step 18:30 - 19:30 ★★ Studio 1	Stretching 18:30 - 19:30 ★ Studio 2	Aqua Fitness 18:30 - 19:15 ★ Pool	Spin Intervall 18:30 - 19:30 ★ Spinstudio	Bodywork 19:30 - 20:30 ★★ Studio 1
Mi	Bodywork 09:00 - 10:00 ★★ Studio 1	Fatburning 10:00 - 11:00 ★★ Studio 1	Aqua Fitness 10:15 - 11:00 ★ Pool	Stretching 12:30 - 13:30 ★ Studio 2	A.B.T. 14:00 - 15:00 ★ Studio 1	Hip Hop Reggae 17:00 - 18:00 ★ Studio 1	Back Health 17:30 - 18:45 ★ Studio 2	Antara® Strong 18:00 - 19:00 ★ Studio 1	Zirkel Training 18:30 - 19:00 ★ Fitness Floor	M.A.X. 19:00 - 19:30 ★ Studio 1	Spin Basic 19:15 - 20:15 ★ Spinstudio	Harris Kick 19:30 - 20:30 ★★ Studio 1	Hatha Yoga 19:30 - 21:00 ★ Studio 2	
Do	Basic Spin 07:00 - 08:00 ★ Spinstudio	Sixpack Workout 08:30 - 09:00 ★ Studio 1	Zumba® 09:00 - 10:00 ★ Studio 1	Antara® 09:00 - 10:00 ★ Studio 2	Aqua Fitness 10:15 - 11:00 ★ Pool	Medit. & Stretch 12:30 - 13:30 ★ Studio 2	Harris Pump 17:00 - 18:00 ★ Studio 1	Cardio Step 18:00 - 19:00 ★★★ Studio 1	Back Health 18:00 - 19:00 ★ Studio 2	Aqua Fitness 18:00 - 18:45 ★ Pool	Spin Intervall 18:30 - 19:30 ★ Spinstudio	Bodywork 19:00 - 20:00 ★★ Studio 1	Pilates 19:00 - 20:00 ★ Studio 2	
Fr	MFT Core 09:00 - 09:30 ★ Studio 1	Power Sculpt & Stretch 09:30 - 11:00 ★★ Studio 1	Yogalates 12:30 - 13:30 ★ Studio 2	Step & Sculpt 14:00 - 15:00 ★★ Studio 1	Sixpack Workout 16:30 - 17:00 ★ Studio 1	Total Body 17:00 - 18:00 ★★ Studio 1	Vinyasa Flow Yoga 17:30 - 19:00 ★ Studio 2	Fatburning 18:00 - 19:00 ★★ Studio 1	X-Country Spin 18:00 - 19:00 ★ Spinstudio	Modern Dance 19:00 - 20:00 ★ Studio 1	Back Health & Stretch 19:00 - 20:00 ★ Studio 2			
Sa	Back Health 09:15 - 10:30 ★ Studio 2	Spin Intervall 10:00 - 11:15 ★ Spinstudio	Bodywork 10:30 - 11:45 ★★ Studio 1	Aqua Fitness 11:00 - 11:45 ★ Pool	Hatha Yoga 12:30 - 14:00 ★ Studio 2	Afro Dance 15:45 - 16:45 ★ Studio 1	Power Sculpt 17:00 - 18:00 ★★ Studio 1	Antara® 17:30 - 18:30 ★ Studio 2	Cardio Step 18:00 - 19:00 ★★ Studio 1					
So	Back Health 09:30 - 10:30 ★ Studio 2	Harris Pump 10:30 - 11:30 ★ Studio 1	Vinyasa Flow Yoga 10:45 - 12:15 ★ Studio 2	Stretch & Placement 12:30 - 14:00 ★ Studio 2	Pilates 16:45 - 17:45 ★ Studio 2	Power Sculpt 17:30 - 18:30 ★★ Studio 1	Salsa Aerobic 18:30 - 19:30 ★ Studio 1							

KATEGORIEN

- Radfahren
- Rücken
- Stretch
- Dance
- Aqua
- Ausdauer
- Special
- Pilates
- Power
- Yoga

FARBliche KURS-MARKIERUNG

- neues Angebot
- Ausgefallen
- kurzfristige Änderung

SCHWIERIGKEITSSTUFEN

- ★ leicht
- ★★ mittel
- ★★★ schwer