

<b>Mo</b>	<b>Back Health</b> 09:00 - 09:50 ★ Studio 2	<b>Total Body</b> 10:00 - 10:50 ★★ Studio 1	<b>Aqua Fitness</b> 10:15 - 11:00 ★ Pool	<b>Antara®</b> 10:15 - 11:05 ★ Studio 2	<b>Dance Aerobic</b> 11:15 - 12:05 ★★ Studio 1	<b>Stretching</b> 12:30 - 13:20 ★ Studio 2	<b>Pilates</b> 17:00 - 17:50 ★ Studio 2	<b>Stretch&amp;Tone</b> 17:00 - 17:25 ★ Studio 1	<b>Sixpack Workout</b> 17:45 - 18:10 ★ Studio 1	<b>Aqua Fitness</b> 18:00 - 18:45 ★ Pool	<b>Pilates</b> 18:15 - 19:05 ★ Studio 2	<b>Harris Kick</b> 18:30 - 19:20 ★★ Studio 1	<b>Zirkel Training</b> 18:30 - 19:00 ★ Fitness Floor	<b>Yoga</b> 19:30 - 20:45 ★★ Studio 2	<b>Zumba®</b> 19:45 - 20:35 ★ Studio 1
<b>Di</b>	<b>Yogalates</b> 08:00 - 08:50 ★ Studio 2	<b>Cardio Step</b> 09:00 - 09:50 ★★ Studio 1	<b>Pilates</b> 10:00 - 10:50 ★ Studio 2	<b>Harris Barbell Lift</b> 10:15 - 11:05 ★ Studio 1	<b>Yoga</b> 12:30 - 13:45 ★ Studio 2	<b>John Harris HIIT</b> 17:00 - 17:25 ★ Studio 1	<b>Pilates</b> 17:30 - 18:20 ★ Studio 2	<b>Sixpack Workout</b> 17:45 - 18:10 ★ Studio 1	<b>Cardio Step</b> 18:30 - 19:20 ★★ Studio 1	<b>Stretching</b> 18:45 - 19:35 ★ Studio 2	<b>Bodywork</b> 19:45 - 20:35 ★★ Studio 1				
<b>Mi</b>	<b>Bodywork</b> 09:00 - 09:50 ★★ Studio 1	<b>Back Health</b> 10:00 - 10:50 ★ Studio 2	<b>Aqua Fitness</b> 10:15 - 11:00 ★ Pool	<b>Power Sculpt</b> 14:00 - 14:50 ★★ Studio 1	<b>Back Health</b> 17:15 - 18:05 ★ Studio 2	<b>Aqua Fitness</b> 17:30 - 18:15 ★ Pool	<b>Antara® Strong</b> 18:00 - 18:50 ★★ Studio 1	<b>Zirkel Training</b> 18:30 - 19:00 ★ Fitness Floor	<b>A.B.T.</b> 18:30 - 18:55 ★★ Studio 2	<b>John Harris HIIT</b> 19:15 - 19:40 ★ Studio 1	<b>Yoga</b> 19:30 - 20:45 ★ Studio 2	<b>Total Body</b> 20:00 - 20:50 ★★ Studio 1			
<b>Do</b>	<b>Sixpack Workout</b> 08:30 - 08:55 ★ Studio 1	<b>Antara®</b> 09:00 - 09:50 ★ Studio 2	<b>Zumba®</b> 09:15 - 10:05 ★ Studio 1	<b>Aqua Fitness</b> 10:15 - 11:00 ★ Pool	<b>Harris Barbell Lift</b> 17:00 - 17:50 ★ Studio 1	<b>Back Health</b> 18:00 - 18:50 ★ Studio 2	<b>Cardio Step</b> 18:15 - 19:05 ★★ Studio 1	<b>Pilates</b> 19:15 - 20:05 ★ Studio 2	<b>Bodywork</b> 19:30 - 20:20 ★★ Studio 1						
<b>Fr</b>	<b>Core Training</b> 09:00 - 09:25 ★ Studio 1	<b>Power Sculpt &amp; Stretch</b> 09:45 - 10:35 ★★ Studio 1	<b>Yogalates</b> 12:30 - 13:20 ★ Studio 2	<b>Sixpack Workout</b> 16:30 - 16:55 ★ Studio 1	<b>Yoga</b> 17:00 - 18:15 ★ Studio 2	<b>Total Body</b> 17:15 - 18:05 ★★ Studio 1	<b>Back Health &amp; Stretch</b> 18:30 - 19:20 ★ Studio 2	<b>Dance Special</b> 18:30 - 19:20 ★★ Studio 1							
<b>Sa</b>	<b>Back Health</b> 09:30 - 10:20 ★ Studio 2	<b>Bodywork</b> 10:00 - 10:50 ★★ Studio 1	<b>Aqua Fitness</b> 11:00 - 11:45 ★ Pool	<b>Yoga</b> 12:30 - 13:45 ★ Studio 2	<b>Back Health &amp; Stretch</b> 16:30 - 17:20 ★ Studio 2	<b>Power Sculpt</b> 17:30 - 18:20 ★★ Studio 1									
<b>So</b>	<b>Back Health</b> 09:30 - 10:20 ★ Studio 2	<b>Harris Barbell Lift</b> 09:30 - 10:20 ★★ Studio 1	<b>Yoga</b> 10:45 - 12:00 ★ Studio 2	<b>Harris Barbell Lift</b> 10:45 - 11:35 ★ Studio 1	<b>Pilates</b> 16:30 - 17:20 ★ Studio 2	<b>Bodywork</b> 17:30 - 18:20 ★★ 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