

Mo	Piloxing® 09:00 - 09:55 ★ Saal 2	Pilates 09:00 - 09:55 ★ Saal 1	Zumba® 10:00 - 10:55 ★ Saal 2	Aqua Fitness 10:15 - 11:00 ★ Pool	Tone 12:30 - 13:25 ★ Saal 1	Zumba® 17:30 - 18:25 ★ Saal 2	Indoor Cycle 17:30 - 18:25 ★★☆ Spinstudio	Pilates 17:30 - 18:25 ★★☆ Saal 1	LesMills Bodyjam 18:30 - 19:25 ★ Saal 2	TRX Workout 18:30 - 19:10 ★★ Functional Area	LesMills Bodypump 18:30 - 19:25 ★★ Saal 1	Bodybalance Summer Special 19:30 - 20:25 ★ Saal 1
Di	Cardio Dance 09:00 - 09:55 ★ Saal 1	Back Health 09:00 - 09:55 ★ Saal 2	Tone 10:00 - 10:55 ★ Saal 1	Aqua Dance 10:15 - 11:00 ★ Pool	Harris Barbell Lift 17:30 - 18:25 ★★☆ Saal 1	Back Health 17:30 - 18:25 ★ Saal 2	TRX Workout 18:30 - 19:10 ★★ Funct. Area	LesMills Bodybalance 18:30 - 19:25 ★ Saal 1	Step & Tone 18:30 - 19:25 ★ Saal 2	Sixpack Circle 19:30 - 20:10 ★★ Functional Area	Cardio Dance 19:30 - 20:25 ★ Saal 1	
Mi	Wake up Cycle 06:45 - 07:40 ★★☆ Spinstudio	Hatha Yoga 09:00 - 10:30 ★ Saal 1	Cardio Step 09:00 - 09:55 ★★ Saal 2	Fascial Stretch 10:00 - 10:25 ★ Saal 2	Aqua Fitness 10:15 - 11:00 ★ Pool	Flow Yoga 17:30 - 18:25 ★★ Saal 1	Kondi Training 17:30 - 18:25 ★★☆ Saal 2	Hoop Fitness 18:00 - 18:55 ★ die Sandburg	Power Aqua 18:30 - 19:15 ★★☆ Pool	LesMills Bodypump 18:30 - 19:25 ★★☆ Saal 1		
Do	Smovey 09:00 - 09:55 ★ Saal 1	Body & Flow 09:00 - 09:55 ★★☆ Saal 2	Pilates 10:00 - 10:55 ★★☆ Saal 1	Tone 17:30 - 18:25 ★★ Saal 1	Hatha Yoga 17:30 - 18:25 ★ Saal 2	HIITup! 18:00 - 18:45 ★★★ die Sandburg	Schwimmtrainin g 18:00 - 18:40 ★ Pool	Pilates 18:30 - 19:25 ★★☆ Saal 2	LesMills Bodypump 18:30 - 19:25 ★★☆ Saal 1	LesMills Bodybalance 19:30 - 20:25 ★ Saal 1	Sixpack Workout 19:30 - 19:55 ★ Saal 2	
Fr	Harris Barbell Lift 06:45 - 07:40 ★★☆ Saal 1	Back Health 09:00 - 09:55 ★ Saal 1	Tone 09:00 - 09:55 ★ Saal 2	Aqua Fitness 10:15 - 11:00 ★ Pool	LesMills Bodypump 16:30 - 17:25 ★★☆ Saal 1	Sixpack Workout 17:30 - 17:50 ★ Saal 1						
Sa	Tone 09:30 - 10:25 ★★ Saal 1	STRONG by Zumba® 09:30 - 10:25 ★★★☆☆ Saal 2	Bodybalance Summer Special 10:00 - 10:55 ★ die Sandburg	Zumba® 10:30 - 11:25 ★ Saal 2	LesMills Bodybalance 10:30 - 11:25 ★ Saal 1	Aqua Fitness 10:45 - 11:30 ★★ Pool	Sixpack Circle 17:00 - 17:40 ★★ Saal 1					
So	Yoga 09:15 - 10:25 ★★★☆☆ Saal 1	Kondi Training 09:30 - 10:25 ★★☆ Saal 2	Harris Barbell Lift 10:30 - 11:25 ★★☆ Saal 1	Aqua Fitness 10:30 - 11:15 ★ Pool	Power Rücken 18:00 - 18:55 ★ Saal 1	Stretch & Relax 19:00 - 19:30 ★ Saal 1						

KATEGORIEN

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

FARBliche KURS-MARKIERUNG

- neues Angebot
- Ausgefallen
- kurzfristige Änderung

SCHWIERIGKEITSSTUFEN

- ★ leicht
- ★★ mittel
- ★★★ schwer