

Mo	Bodywork 07:30 - 08:20 ★ Saal 1	Pilates 12:15 - 13:05 ★ Studio 1	Sixpack Workout 17:30 - 17:55 ★ Saal 1	M.A.X. 18:00 - 18:25 ★ Saal 1	Harris Barbell Lift 18:30 - 19:20 ★★ Saal 1	Yoga 19:30 - 20:45 ★ Studio 1
Di	Back Health 12:30 - 13:20 ★ Saal 1	Zumba® 17:30 - 18:20 ★ Saal 1	Tone 18:30 - 18:55 ★ Saal 1	Harris Kick 19:00 - 19:50 ★★ Saal 1		
Mi	Yogalates 12:00 - 12:50 ★ Saal 1	Aqua Fitness 13:00 - 13:45 ★ Pool	Bodywork 18:00 - 18:50 ★ Saal 1	Cardio Step 19:00 - 19:50 ★ Saal 1		
Do	Yoga 07:30 - 08:20 ★ Studio 1	Harris Barbell Lift 12:15 - 13:05 ★★ Saal 1	Aqua Fitness 17:30 - 18:15 ★ Pool	Power Sculpt & Stretch 18:30 - 19:20 ★ Saal 1	Sixpack Workout 19:30 - 19:55 ★ Saal 1	
Fr	Zumba® 09:00 - 09:50 ★ Studio 1	Yoga 14:00 - 15:15 ★ Saal 1	Back Health 17:00 - 17:50 ★ Saal 1	A.B.T. 18:00 - 18:50 ★ Saal 1		
Sa	Total Body & Stretch 10:00 - 10:50 ★ Saal 1	Tone 17:30 - 17:55 ★ Studio 1	Yogalates 18:00 - 18:50 ★ Saal 1			
So	Antara® & Stretch 10:30 - 11:20 ★ Studio 1	deepWORK™ 11:30 - 12:20 ★ Studio 1	Bodywork 17:30 - 18:20 ★ 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