

# UNIQA TOWER

## KURS 2025

Mo – Fr 07:00 - 22:00 Uhr  
 Sa, So, Feiertag 09:00 - 20:30 Uhr  
 Gültig ab: 13.01.2025

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Mo	09:30 - 10:20 Antara® ★	17:30 - 17:20 Power Sculpt ★★	18:30 - 19:20 Pilates ★
Di	18:00 - 18:50 Back Health ★	19:00 - 19:50 Power Sculpt ★★	
Mi	07:30 - 08:20 Bodywork ★	18:00 - 18:50 Bodywork ★★	19:00 - 20:15 Yoga ★
Do	17:30 - 17:55 Zirkel Training ★	18:00 - 18:50 TotalBody ★★	19:00 - 19:25 Stretching ★
Fr	07:30 - 08:20 Back Health ★	16:00 - 16:50 Power Sculpt ★★	17:00 - 17:50 Zumba® ★
Sa	10:00 - 10:50 Bodywork ★	11:00 - 11:50 Pilates ★	
So	10:00 - 10:50 TotalBody ★★	11:00 - 11:50 Back Health ★	

### Kategorien

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

### Schwierigkeitsgrad:

★ leicht   ★★ mittel   ★★★ schwer