

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