

Mo	John Harris HIIT 07:00 - 07:30 ★★★ Saal 1	Sixpack Workout 07:30 - 08:00 ★★☆ Saal 1	Schwimmtraining 12:00 - 13:00 ★★☆ Pool	Back Health 16:30 - 17:15 ★ Saal 1	Faszien Training 17:15 - 18:00 ★ Saal 1	Sixpack Workout 18:00 - 18:30 ★ Saal 1	Shape your Body 18:30 - 19:30 ★★☆ Saal 1	LesMills Bodypump 19:30 - 20:35 ★★☆ Saal 1
Di	Wake Up Yoga 07:00 - 08:00 ★ Saal 1	Functional Training 17:00 - 17:30 ★★ Saal 1	Zumba® 17:30 - 18:30 ★★☆ Saal 1	Strong by Zumba® 18:30 - 19:30 ★★ Saal 1	John Harris HIIT 19:30 - 20:00 ★★★ Saal 1			
Mi	Aqua Fitness 09:00 - 10:00 ★ Pool	Back Health 10:15 - 11:15 ★ Saal 1	Hatha Yoga 16:30 - 18:00 ★ Saal 1	Schwimmtraining 17:00 - 18:00 ★★☆ Pool	LesMills Bodypump 18:00 - 19:15 ★ Saal 1	LesMills Bodybalance 19:15 - 20:15 ★ Saal 1		
Do	John Harris HIIT 07:00 - 07:30 ★★★ Saal 1	Sixpack Workout 07:30 - 08:00 ★★☆ Saal 1	Pilates 16:30 - 17:30 ★ Saal 1	Fascial Stretch 17:30 - 18:00 ★ Saal 1	John Harris HIIT 18:00 - 18:30 ★★★ Saal 1	Sixpack Workout 18:30 - 19:00 ★★☆ Saal 1	Dance Aerobic 19:00 - 20:00 ★ Saal 1	
Fr	Shape your Body 08:00 - 09:00 ★ Saal 1	Pilates 09:00 - 10:00 ★ Saal 1	Faszien Training 10:00 - 10:45 ★ Saal 1	LesMills Bodypump 16:15 - 17:30 ★★☆ Saal 1	John Harris HIIT 17:30 - 18:00 ★★★ Saal 1			
Sa	Functional Training 10:00 - 10:40 ★★ Saal 1	Sixpack Workout 10:40 - 11:10 ★★☆ Saal 1	Bodywork 16:30 - 17:30 ★ Saal 1					
So	Aqua Fitness 09:30 - 10:30 ★ Pool	Functional Training 10:00 - 10:40 ★★ Saal 1	Sixpack Workout 10:40 - 11:10 ★★☆ Saal 1	LesMills Bodypump 17:00 - 18:10 ★★☆ Saal 1	deepWORK™ 18:10 - 19:10 ★★☆ Saal 1			

KATEGORIEN

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

FARBliche KURS-MARKIERUNG

- neues Angebot

SCHWIERIGKEITSSTUFEN

- ★ leicht
- ★★ mittel
- ★★★ schwer