

Mo	Pilates 09:00 - 09:55 ★ Saal 1	Piloxing® 09:00 - 09:55 ★ Saal 2	Best Ager Fitness 10:00 - 10:55 ★ Saal 1	Zumba® 10:00 - 10:55 ★ Saal 2	Aqua Fitness 10:15 - 11:00 ★ Pool	Tone 12:30 - 13:25 ★ Saal 1	Kundalini Yoga 16:00 - 17:25 ★ Saal 1	Pilates 17:30 - 18:25 ★ Saal 1	Zumba® 17:30 - 18:25 ★ Saal 2	Indoor Cycle 17:30 - 18:25 ★★☆ Spinstudio	LesMills Bodyjam 18:30 - 19:25 ★ Saal 2	TRX Workout 18:30 - 19:10 ★★☆ Functional Area	LesMills Bodypump 18:30 - 19:25 ★ Saal 1	Lauftraining 18:40 - 19:40 ★★☆ Outdoor	LesMills Bodybalance 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	Aqua Fitness 17:30 - 18:15 ★ Pool	Harris Pump 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	Indoor Cycle 18:30 - 20:00 ★★☆ Spinstudio	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	Flow 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	John Harris HIIT 17:30 - 18:20 ★★★ die Sandburg	Flow Yoga 17:30 - 18:25 ★★ Saal 1	Kondi Training 17:30 - 18:25 ★★☆ Saal 2	John Harris HIIT 18:30 - 19:00 ★★ Saal 2	LesMills Bodypump 18:30 - 19:25 ★★☆ Saal 1	Power Aqua 18:30 - 19:15 ★★☆ Pool	Fascial Stretch 19:05 - 19:30 ★ Saal 2	Cross Power 19:30 - 20:45 ★★★ Functional Area	Piloxing® 19:30 - 20:25 ★ Saal 1	
Do	Body & Flow 09:00 - 09:55 ★ Saal 2	Smovey 09:00 - 09:55 ★ Saal 1	Pilates 10:00 - 10:55 ★ Saal 1	Tone 17:30 - 18:25 ★★ Saal 1	Hatha Yoga 17:30 - 18:25 ★ Saal 2	Schwimmtraining 18:00 - 18:40 ★ Pool	Zumba® 18:00 - 18:45 ★ die Sandburg	Pilates 18:30 - 19:25 ★★ Saal 2	Indoor Cycle 18:30 - 20:00 ★★☆ Spinstudio	LesMills Bodypump 18:30 - 19:25 ★★☆ Saal 1	LesMills Bodybalance 19:30 - 20:25 ★ Saal 1	Sixpack Workout 19:30 - 19:50 ★ Saal 2			
Fr	Harris Pump 06:45 - 07:40 ★★☆ Saal 1	Back Health 09:00 - 09:55 ★ Saal 1	Tone 09:00 - 09:55 ★ Saal 2	Stretch & Mobilty 10:00 - 10:55 ★ Saal 1	Aqua Fitness 10:15 - 11:00 ★ Pool	Harris Pump 16:30 - 17:25 ★★☆ Saal 1	Sixpack Workout 17:30 - 17:50 ★ Saal 1	HIITup! 18:00 - 18:35 ★★★ Saal 1	TosoX 18:40 - 19:35 ★★ Saal 1	Faszien Training 19:40 - 20:10 ★ Saal 1					
Sa	Flow Yoga 09:15 - 10:25 ★★ Saal 2	Tone 09:30 - 10:25 ★★ Saal 1	Body & Flow 10:00 - 11:00 ★ die Sandburg	LesMills Bodybalance 10:30 - 11:25 ★ Saal 1	Aqua Fitness 10:45 - 11:30 ★★ Pool	Sixpack Circle 17:00 - 17:40 ★★ Saal 1									
So	LesMills Bodybalance 09:30 - 10:25 ★ Saal 1	Kondi Training 09:30 - 10:25 ★★☆ Saal 2	Wake up Cycle 09:30 - 10:25 ★★☆ Spinstudio	LesMills Bodypump 10:30 - 11:25 ★★☆ Saal 1	Aqua Fitness 10:30 - 11:15 ★ Pool	Power Rücken 17:00 - 17:55 ★ Saal 1	Stretch & Relax 18:00 - 18:30 ★ 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