

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	FIELD Senior Fitness 10:00 - 10:45 ★ Functional Area	FIELD Cardio Fitness 12:15 - 13:00 ★★☆ Functional Area	Mobility 16:20 - 16:50 ★ Saal 1	Functional Training 17:00 - 17:30 ★★ Saal 1	Latin Dance Aerobic 17:30 - 18:30 ★ Saal 1	LesMills Bodypump 18:30 - 19:45 ★★☆ Saal 1	John Harris HIIT 19:45 - 20:15 ★★★ Saal 1	
Mi	LesMills Bodypump 07:00 - 08:00 ★★☆ Saal 1	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	FIELD Strength Fitness 12:15 - 13:00 ★★☆ Functional Area	Pilates 16:30 - 17:30 ★ Saal 1	Mobility 17:30 - 18:00 ★ Saal 1	John Harris HIIT 18:00 - 18:30 ★★★ Saal 1	Sixpack Workout 18:30 - 19:00 ★★☆ Saal 1	Cardio Dance 19:00 - 19:50 ★★☆ Saal 1	John Harris HIIT 20:00 - 20:30 ★★★ 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 Bodybalance 14:45 - 16:00 ★ Saal 1	LesMills Bodypump 16:15 - 17:30 ★★☆ Saal 1	John Harris HIIT 17:30 - 18:00 ★★★ Saal 1	Back Health 18:00 - 19:00 ★ Saal 1		
Sa	Functional Circle 09:30 - 10:00 ★★☆ Saal 1	Sixpack Workout 10:00 - 10:30 ★★☆ Saal 1	Functional Workout 10:30 - 11:00 ★★ Saal 1	LesMills Bodybalance 11:00 - 12:10 ★ Saal 1	Cross Power 15:15 - 16:00 ★★★ Functional Area	Shape your Body 16:00 - 17:00 ★ Saal 1	John Harris HIIT 17:00 - 17:30 ★★★ Saal 1		
So	Aqua Fitness 09:30 - 10:30 ★ Pool	Functional Circle 09:30 - 10:00 ★★☆ Saal 1	Sixpack Workout 10:00 - 10:30 ★★☆ Saal 1	Functional Workout 10:30 - 11:00 ★★ Saal 1	LesMills Bodypump 16:00 - 17:15 ★★☆ Saal 1	deepWORK™ 17:15 - 18:15 ★★☆ Saal 1	Yoga 18:15 - 19:30 ★ 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