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|-----------|---|---|---|--|---|--|--|---|--|--|--|---|--|--|--|
| Mo | Stretch & Mobility 08:00 - 08:55 ★ Saal 1 | Vinyasa Yoga 09:00 - 09:55 ★ Saal 2 | Harris Pump 09:00 - 09:55 ★ Saal 1 | Pilates 10:00 - 10:55 ★ Saal 1 | Cardio Step 10:00 - 10:55 ★ Saal 2 | Tone 12:30 - 13:25 ★★ Saal 1 | Back Health 16:30 - 17:25 ★ Saal 2 | deepWORK/ Tae BO 17:00 - 17:55 ★★ Saal 1 | Back Health 17:30 - 18:25 ★ Saal 2 | Sixpack Workout 18:00 - 18:20 ★ Saal 1 | Pilates 18:30 - 19:25 ★ Saal 1 | Cardio Step 18:30 - 19:25 ★★★ Saal 2 | Indoor Cycle 18:30 - 19:25 ★★ Spinstudio | Harris Pump 19:30 - 20:25 ★ Saal 1 | Indoor Cycle 19:30 - 20:25 ★★ Spinstudio |
| Di | Best Ager Fitness 08:00 - 08:55 ★ Saal 1 | Tone 09:00 - 09:55 ★ Saal 1 | Pilates 09:00 - 09:55 ★ Saal 2 | Back Health 10:00 - 10:55 ★ Saal 1 | Yoga 10:00 - 11:15 ★ Saal 2 | Sixpack Workout 17:00 - 17:20 ★ Saal 1 | Hatha Yoga 17:15 - 18:25 ★★ Saal 2 | Harris Pump 17:30 - 18:25 ★ Saal 1 | Cross Power 18:00 - 19:10 ★★★ Funct. Area | Cardio Dance 18:30 - 19:25 ★★ Studio 2 | Tone Circuit 18:30 - 19:25 ★★ Saal 1 | Cross Power 19:15 - 20:25 ★★★ Funct. Area | | | |
| Mi | Wake up Cycle 06:40 - 07:35 ★★ Spinstudio | Wake Up Yoga 08:00 - 08:55 ★ Saal 2 | Stretch & Mobility 09:00 - 09:55 ★ Saal 1 | Zumba® 09:00 - 09:55 ★ Saal 2 | Flexi Tone 10:00 - 10:55 ★ Saal 1 | Tai Chi 10:00 - 10:55 ★ Saal 2 | Tone 16:30 - 17:15 ★★ Saal 1 | Stretch & Mobility 17:30 - 18:25 ★ Saal 2 | Harris Pump 17:30 - 18:25 ★★ Saal 1 | Piloxing® 18:30 - 19:25 ★★ Saal 1 | Indoor Cycle 18:30 - 19:25 ★★ Spinstudio | Hoop Fitness 19:30 - 20:25 ★★ Saal 2 | Ski-Gym 19:30 - 20:25 ★★ Saal 1 | | |
| Do | Cardio Step 09:00 - 09:55 ★★ Saal 2 | Back Health 09:00 - 09:55 ★ Saal 1 | Harris Pump 10:00 - 10:55 ★ Saal 1 | Hatha Yoga 10:00 - 11:30 ★★ Saal 2 | Zumba® 16:30 - 17:25 ★ Saal 1 | Sixpack Workout 17:00 - 17:20 ★ Saal 2 | Pilates 17:30 - 18:25 ★★ Saal 1 | Step Basic 17:30 - 18:25 ★ Saal 2 | Functional Training 18:00 - 18:55 ★★ Funct. Area | Hatha Yoga 18:30 - 20:00 ★★★ Saal 2 | Indoor Cycle 18:30 - 20:00 ★★ Spinstudio | HIITup! 18:45 - 19:20 ★★★ Saal 1 | | | |
| Fr | Tone 09:00 - 09:55 ★★ Saal 1 | NIA 09:00 - 09:55 ★ Saal 2 | Best Ager Fitness 10:00 - 10:55 ★ Saal 1 | Aerobic Basic 10:00 - 10:55 ★ Saal 2 | Pilates 11:00 - 11:55 ★★ Saal 1 | Sixpack Workout 11:00 - 11:20 ★ Saal 2 | Flexi Tone 15:30 - 16:25 ★★ Saal 1 | Harris Pump 16:30 - 17:25 ★ Saal 1 | deepWORK™ 16:30 - 17:25 ★★★ Saal 2 | bodyART® 17:30 - 18:30 ★★ Saal 1 | | | | | |
| Sa | Cardio Step 09:30 - 10:25 ★★ Saal 2 | Ski-Gym 09:30 - 10:25 ★★ Saal 1 | Indoor Cycle 09:30 - 10:25 ★★ Spinstudio | Find your Balance 10:30 - 11:25 ★ Saal 2 | Harris Pump 10:30 - 11:25 ★★ Saal 1 | Tone 17:30 - 18:25 ★ Saal 1 | | | | | | | | | |
| So | Flow Yoga 09:15 - 10:25 ★★ Saal 2 | Tone 09:30 - 10:25 ★ Saal 1 | Sixpack Workout 10:30 - 10:55 ★★ Saal 1 | Cardio Step 17:30 - 18:25 ★★ Saal 1 | Harris Pump 18:30 - 19:25 ★ 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