

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