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| Mo | Piloxing® 09:00 - 09:55 ★ Saal 2 | Pilates 09:00 - 09:55 ★ 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 | 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 | Harris Barbell Lift 17:30 - 18:25 ★★ Saal 1 | Back Health 17:30 - 18:25 ★ Saal 2 | Aqua Fitness 17:30 - 18:15 ★★ Pool | 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 | Hatha 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 | Flow Yoga 17:30 - 18:25 ★★ Saal 1 | Ski-Gym 17:30 - 18:25 ★★ Saal 2 | Power Aqua 18:30 - 19:15 ★★ Pool | John Harris HIIT 18:30 - 19:00 ★★ Saal 2 | LesMills Bodypump 18:30 - 19:25 ★★ Saal 1 | Fascial Stretch 19:05 - 19:30 ★ Saal 2 | Cross Power 19:30 - 20:45 ★★★ Functional Area | |
| Do | Smovey 09:00 - 09:55 ★ Saal 1 | Body & Flow 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 | Indoor Cycle 18:30 - 20:00 ★★ Spinstudio | LesMills Bodypump 18:30 - 19:25 ★★ Studio 1 | Pilates 18:30 - 19:25 ★★ Studio 2 | LesMills Bodybalance 19:30 - 20:25 ★★ Saal 1 | Sixpack Workout 19:30 - 19:50 ★ Saal 2 | | |
| Fr | Harris Barbell Lift 06:45 - 07:40 ★★ Saal 1 | Back Health 09:00 - 09:55 ★ Saal 1 | Tone 09:00 - 09:55 ★ Saal 2 | Piloxing® 10:00 - 10:55 ★ Saal 1 | Aqua Fitness 10:15 - 11:00 ★ Pool | LesMills Bodypump 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 | | | | |
| Sa | Tone 09:30 - 10:25 ★★ Saal 1 | STRONG by Zumba® 09:30 - 10:25 ★★★ Saal 2 | LesMills Bodybalance 10:30 - 11:25 ★ Saal 1 | Aqua Fitness 10:45 - 11:30 ★★ Pool | Sixpack Circle 17:00 - 17:40 ★★ Saal 1 | | | | | | | | |
| So | Yoga 09:15 - 10:25 ★ Saal 1 | Ski-Gym 09:30 - 10:25 ★★ Saal 2 | Wake up Cycle 09:30 - 10:25 ★★ Spinstudio | Harris Barbell Lift 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