

Mo	MX4 08:00 - 08:30 ★ Fitness Floor	A.B.T. 09:00 - 10:00 ★ Studio 1	Back Health 10:00 - 11:00 ★ Studio 1	MX4 17:30 - 18:00 ★ Studio 1	Stretch&Tone 18:00 - 18:30 ★ Studio 1	Sixpack Workout 18:30 - 19:00 ★ Studio 1	Total Body 19:00 - 20:00 ★ Studio 1	Zumba® 20:00 - 21:00 ★ Studio 1
Di	Harris Barbell Lift 07:30 - 08:30 ★★ Studio 1	Back Health 08:30 - 09:30 ★ Studio 1	Pilates 12:15 - 13:15 ★ Studio 1	Harris Barbell Lift 18:00 - 19:00 ★★ Studio 1	Yogalates 19:00 - 20:00 ★ Studio 1	Boxen 20:00 - 21:00 ★★☆ Studio 1		
Mi	Vinyasa Flow Yoga 07:30 - 08:45 ★ Studio 1	MX4 08:00 - 08:30 ★ Fitness Floor	Total Body 12:15 - 13:15 ★☆ Studio 1	M.A.X. 18:00 - 18:30 ★☆ Studio 1	Bodywork 18:30 - 19:30 ★ Studio 1	Dance Special 19:30 - 20:30 ★ Studio 1		
Do	Antara® & Stretch 08:30 - 06:00 ★ Studio 1	deepWORK™ 09:30 - 10:30 ★☆ Studio 1	Back Health 17:30 - 18:30 ★ Studio 1	MX4 18:00 - 18:30 ★ Fitness Floor	Hatha Yoga 18:30 - 20:00 ★ Studio 1			
Fr	Pilates 07:30 - 08:30 ★ Studio 1	Sixpack Workout 11:30 - 12:00 ★ Studio 1	Zumba® 12:00 - 13:00 ★ Studio 1	Sixpack Workout 17:00 - 17:30 ★ Studio 1	John Harris HIIT 17:30 - 18:00 ★☆ Studio 1	Pilates 18:00 - 19:00 ★ Studio 1		
Sa	Back Health 10:00 - 11:00 ★ Studio 1	Bodywork 11:00 - 12:00 ★☆ Studio 1	John Harris HIIT 17:30 - 18:00 ★ Studio 1	Harris Barbell Lift 18:00 - 19:00 ★★ Studio 1				
So	MX4 11:00 - 11:30 ★ Fitness Floor	Functional Training 17:00 - 18:00 ★ Studio 1						

KATEGORIEN

- Radfahren
- Rücken
- Stretch
- Dance
- Aqua
- Ausdauer
- Special
- Pilates
- Power
- Yoga

FARBliche KURS-MARKIERUNG

- neues Angebot
- Ausgefallen
- kurzfristige Änderung

SCHWIERIGKEITSSTUFEN

- ★ leicht
- ★★ mittel
- ★★★ schwer