

Mo	Tone	Aqua Fitness	Tone	Back Health									
	09:30 - 10:25 ★ Saal 1	10:45 - 11:30 ★ Pool	17:30 - 18:25 ★ Saal 1	18:30 - 19:25 ★ Saal 1									
Di	Cardio Dance	Back Health	Tone	Aqua Dance	Harris Barbell Lift	Back Health	Aqua Fitness	Indoor Cycle	TRX Workout	LesMills Bodybalance	Step & Tone	Sixpack Circle	Cardio Dance
	09:00 - 09:55 ★ Saal 1	09:00 - 09:55 ★ Saal 2	10:00 - 10:55 ★ Saal 1	10:15 - 11:00 ★ Pool	17:30 - 18:25 ★★ Saal 1	17:30 - 18:25 ★ Saal 2	17:30 - 18:15 ★★ Pool	18:30 - 20:00 ★★ Spinstudio	18:30 - 19:10 ★★ Funct. Area	18:30 - 19:25 ★ Saal 1	18:30 - 19:25 ★ Saal 2	19:30 - 20:10 ★★ Functional Area	19:30 - 20:25 ★ Saal 1
Mi	Wake up Cycle	Hatha Yoga	Cardio Step	Fascial Stretch	Aqua Fitness	Flow Yoga	Kondi Training	Power Aqua	John Harris HIIT	LesMills Bodypump	Fascial Stretch	Cross Power	
	06:45 - 07:40 ★★ Spinstudio	09:00 - 10:30 ★ Saal 1	09:00 - 09:55 ★★ Saal 2	10:00 - 10:25 ★ Saal 2	10:15 - 11:00 ★ Pool	17:30 - 18:25 ★★ Saal 1	17:30 - 18:25 ★★ Saal 2	18:30 - 19:15 ★★ Pool	18:30 - 19:00 ★★ Saal 2	18:30 - 19:25 ★★ Saal 1	19:05 - 19:30 ★ Saal 2	19:30 - 20:45 ★★★ Functional Area	
Do	Smovey	Body & Flow	Pilates	Tone	Hatha Yoga	Schwimmtraining	Pilates	Indoor Cycle	LesMills Bodypump	LesMills Bodybalance	Sixpack Workout		
	09:00 - 09:55 ★ Saal 1	09:00 - 09:55 ★ Saal 2	10:00 - 10:55 ★★ Saal 1	17:30 - 18:25 ★★ Saal 1	17:30 - 18:25 ★ Saal 2	18:00 - 18:40 ★ Pool	18:30 - 19:25 ★★ Saal 2	18:30 - 20:00 ★★ Spinstudio	18:30 - 19:25 ★★ Saal 1	19:30 - 20:25 ★★ Saal 1	19:30 - 19:50 ★ Saal 2		
Fr	Harris Barbell Lift	Back Health	Tone	Aqua Fitness	LesMills Bodypump	Sixpack Workout	HIITup!	TosoX					
	06:45 - 07:40 ★★ Saal 1	09:00 - 09:55 ★ Saal 1	09:00 - 09:55 ★ Saal 2	10:15 - 11:00 ★ Pool	16:30 - 17:25 ★★ Saal 1	17:30 - 17:50 ★ Saal 1	18:00 - 18:35 ★★★ Saal 1	18:40 - 19:35 ★★ Saal 1					
Sa	Tone	HIITup!	LesMills Bodybalance	Aqua Fitness	Sixpack Circle								
	09:30 - 10:25 ★★ Saal 1	09:30 - 10:25 ★★★ Saal 2	10:30 - 11:25 ★ Saal 1	10:45 - 11:30 ★★ Pool	17:00 - 17:40 ★★ Saal 1								
So	Kondi Training	Sixpack Workout	Power Rücken	Stretch & Relax									
	09:30 - 10:25 ★★ Saal 2	10:30 - 10:55 ★ Saal 1	17:00 - 17:55 ★ Saal 1	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