

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	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	Kondi Training 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		
Do	Smovey 09:00 - 09:55 ★ Saal 1	Body & Flow 09:00 - 09:55 ★ Saal 2	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	LesMills Bodypump 18:30 - 19:25 ★★ Saal 1	Pilates 18:30 - 19:25 ★★ Saal 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	Aqua Fitness 10:15 - 11:00 ★ Pool	LesMills Bodypump 16:30 - 17:25 ★★ Saal 1	Sixpack Workout 17:30 - 17:50 ★ 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	Kondi Training 09:30 - 10:25 ★★ Saal 2	Harris Barbell Lift 10:30 - 11:25 ★★ Saal 1	Aqua Fitness 10:30 - 11:15 ★ Pool	Power Rücken 18:00 - 18:55 ★ Saal 1	Stretch & Relax 19:00 - 19:30 ★ 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