

Mo	Wake Up Yoga 07:30 - 08:30 ★ Saal 1	Bodywork 09:00 - 09:50 ★ Saal 1	Tabro BODYfine® 10:00 - 10:50 ★ Saal 1	Aqua Fitness 11:00 - 11:45 ★ Pool	Stretching 12:00 - 12:25 ★ Saal 1	Retro-Aerobics 12:30 - 13:30 ★ Saal 1	Rücken-Yoga 13:30 - 15:00 ★ Saal 1	Harris Pump 17:00 - 17:50 ★ Saal 1	Harris Pump 18:00 - 18:50 ★ Saal 1	T-Bow® Bodyworkou 18:00 - 18:50 ★★★ Saal 2	Aqua Fitness 19:00 - 19:45 ★ Pool	Functional Training 19:00 - 19:50 ★ Saal 2	Back Health 19:10 - 20:00 ★ Saal 1	Yoga & Meditation 20:00 - 21:15 ★ Saal 2	Antara® 20:10 - 21:00 ★ Saal 1
Di	Back Health 07:30 - 08:20 ★ Saal 1	John Harris HIIT 08:30 - 09:20 ★★ Saal 1	Antara® 09:30 - 10:20 ★ Saal 1	Antara® 09:45 - 10:35 ★ Saal 2	Aqua Fitness 10:30 - 11:15 ★ Pool	Zumba® 10:30 - 11:20 ★ Saal 1	Fatburning 18:00 - 18:50 ★ Saal 2	Harris Kick 18:00 - 18:50 ★ Saal 1	Bodywork 19:00 - 19:50 ★ Saal 1	Core Training 19:00 - 19:25 ★ Saal 2	Spin Special 19:30 - 20:20 ★ Saal 2	Antara® & Stretch 20:00 - 21:15 ★ Saal 1			
Mi	Harris Pump 07:15 - 08:15 ★★★ Saal 1	Evolutionary Moves 08:30 - 09:50 ★ Saal 1	Fatburning 10:00 - 10:50 ★ Saal 1	Core Training 11:00 - 11:25 ★ Saal 1	Stretching 11:30 - 12:20 ★ Saal 1	Zumba® 17:00 - 17:50 ★ Saal 2	Yoga 17:45 - 18:45 ★ Saal 1	T-Bow® Bodyworkou 18:00 - 18:50 ★ Saal 2	Stretching 19:00 - 19:50 ★ Saal 1	Aqua Fitness 19:00 - 19:45 ★ Pool	Basic Spin 19:00 - 19:50 ★ Saal 2	Spin Endurance 20:00 - 20:50 ★ Saal 2	Back Health 20:00 - 20:50 ★ Saal 1		
Do	Hatha Yoga 07:30 - 08:30 ★★★ Saal 1	Tabro BODYfine® 09:00 - 09:50 ★ Saal 1	Aqua Fitness 10:00 - 10:45 ★ Pool	Zumba® 10:00 - 10:50 ★ Saal 1	Bodywork 11:00 - 11:50 ★ Saal 1	Stretching 12:00 - 12:25 ★ Saal 1	Antara® 12:30 - 13:20 ★ Saal 1	Selbstverteidigung 17:30 - 18:20 ★ Saal 1	Dynamic Faszien Fit 18:00 - 18:50 ★ Saal 2	Core Training 18:30 - 18:55 ★ Saal 1	Dance Special 19:00 - 20:10 ★ Saal 2	X-Country Spin 19:00 - 19:50 ★ Saal 1	Antara® Strong 20:15 - 21:05 ★★ Saal 1		
Fr	John Harris HIIT 07:30 - 08:20 ★★ Saal 1	Harris Pump 09:00 - 09:50 ★ Saal 1	Back Health & BeBo 10:00 - 10:50 ★ Saal 1	Spin meets Core 11:00 - 11:50 ★ Saal 2	Yogalates 12:00 - 12:50 ★ Saal 1	Zumba® 13:00 - 13:50 ★ Saal 1	Back Health 17:00 - 17:50 ★ Saal 1	Harris Pump 18:00 - 19:00 ★★ Saal 1	Oriental Dance 18:00 - 18:50 ★ Saal 2	Float Fit® 19:15 - 19:45 ★ Pool					
Sa	Pilates 09:30 - 10:20 ★ Saal 1	Harris Pump 10:30 - 11:20 ★★ Saal 1	Aqua Fitness 10:30 - 11:15 ★ Pool	Sixpack & Stretch 11:30 - 11:50 ★ Saal 2	Dance Hall 12:00 - 13:15 ★ Saal 1	Harris Kick 17:00 - 17:50 ★★ Saal 1	Zumba® 17:00 - 17:50 ★ Saal 1	Bodywork 18:00 - 18:50 ★ Saal 1	Hatha Yoga 19:00 - 20:20 ★ Saal 1						
So	Back Health 09:30 - 10:20 ★ Saal 1	Spin Endurance 10:00 - 11:20 ★★★ Saal 2	Yogalates 10:30 - 11:20 ★ Saal 1	Aqua Fitness 11:30 - 12:15 ★ Pool	Meditate & Relax 11:30 - 12:20 ★ Saal 1	Float Fit® 12:30 - 13:00 ★★ Pool	Cardio Step 13:15 - 14:05 ★★ Saal 1	Harris Pump 14:15 - 15:15 ★★ Saal 1	Pilates & Stretch 16:30 - 17:50 ★ Saal 1	Power Sculpt 18:00 - 18:50 ★ 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