

Mo	Stretch & Mobility 08:00 - 08:55 ★ Saal 1	Harris Barbell Lift 09:00 - 09:55 ★★☆ Saal 1	Vinyasa Yoga 09:00 - 09:55 ★ Saal 2	Pilates 10:00 - 10:55 ★ Saal 1	Cardio Step 10:00 - 10:55 ★ Saal 2	Tone 12:30 - 13:25 ★★☆ Saal 1	deepWORK/Tae BO 17:00 - 17:55 ★★ Saal 1	Back Health 17:30 - 18:25 ★ Saal 2	Sixpack Workout 18:00 - 18:20 ★ Saal 1	Pilates 18:30 - 19:25 ★ Saal 1	Cardio Step 18:30 - 19:25 ★★★ Saal 2	Indoor Cycle 18:30 - 19:25 ★☆ Spinstudio
Di	Best Ager Fitness 08:00 - 08:55 ★ Saal 1	Tone 09:00 - 09:55 ★ Saal 1	Pilates 09:00 - 09:55 ★ Saal 2	Back Health 10:00 - 10:55 ★ Saal 1	Yoga 10:00 - 11:15 ★ Saal 2	Aqua Fitness 16:15 - 17:00 ★ Parkbad	Sixpack Workout 17:00 - 17:20 ★ Saal 1	Hatha Yoga 17:15 - 18:25 ★★☆ Saal 2	Harris Barbell Lift 17:30 - 18:25 ★ Saal 1	Cross Power 18:00 - 19:10 ★★★ Funct. Area	Tone Circuit 18:30 - 19:25 ★☆ Saal 1	
Mi	Wake up Cycle 06:40 - 07:35 ★★☆ Spinstudio	Stretch & Mobility 09:00 - 09:55 ★ Saal 1	Zumba® 09:00 - 09:55 ★ Saal 2	Flexi Tone 10:00 - 10:55 ★ Saal 1	Tai Chi 10:00 - 10:55 ★ Saal 2	Tone 16:30 - 17:25 ★★☆ Saal 1	Stretch & Mobility 17:30 - 18:25 ★ Saal 2	Harris Barbell Lift 17:30 - 18:25 ★★☆ Saal 1	Hoop Fitness 18:00 - 18:55 ★ die Sandburg	Piloxing® 18:30 - 19:25 ★★☆ Saal 1	Indoor Cycle 18:30 - 19:25 ★☆ Spinstudio	Kondi Training 19:30 - 20:25 ★☆ Saal 1
Do	Cardio Step 09:00 - 09:55 ★★ Saal 2	Back Health 09:00 - 09:55 ★ Saal 1	Hatha Yoga 10:00 - 11:30 ★★☆ Saal 2	Harris Barbell Lift 10:00 - 10:55 ★★☆ Saal 1	Zumba® 16:30 - 17:25 ★ Saal 1	Sixpack Workout 17:00 - 17:20 ★ Saal 2	Pilates 17:30 - 18:25 ★★☆ Saal 1	Step Basic 17:30 - 18:25 ★ Saal 2	Functional Training 18:00 - 18:55 ★★☆ Funct. Area	HiITup! 18:00 - 18:45 ★★★ die Sandburg	Hatha Yoga 18:30 - 20:00 ★★☆ Saal 2	STRONG by Zumba® 18:30 - 19:25 ★★★ Saal 1
Fr	Tone 09:00 - 09:55 ★★☆ Saal 1	NIA 09:00 - 09:55 ★ Saal 2	Best Ager Fitness 10:00 - 10:55 ★ Saal 1	Aerobic Basic 10:00 - 10:55 ★ Saal 2	Pilates 11:00 - 11:55 ★★☆ Saal 1	Sixpack Workout 11:00 - 11:20 ★ Saal 2	Aqua Fitness 14:45 - 15:30 ★ Parkbad	Flexi Tone 15:30 - 16:25 ★★☆ Saal 1	Harris Barbell Lift 16:30 - 17:25 ★★☆ Saal 1	deepWORK™ 16:30 - 17:25 ★★★ Saal 2	bodyART® 17:30 - 18:30 ★☆ Saal 1	
Sa	Cardio Step 09:30 - 10:25 ★★☆ Saal 2	Kondi Training 09:30 - 10:25 ★★☆ Saal 1	Indoor Cycle 09:30 - 10:25 ★★☆ Spinstudio	Bodybalance Summer Special 10:00 - 10:55 ★ die Sandburg	Find your Balance 10:30 - 11:25 ★ Saal 2	Harris Barbell Lift 10:30 - 11:25 ★★☆ Saal 1	Sixpack Workout 17:30 - 17:55 ★ Saal 1					
So	Flow Yoga 09:15 - 10:25 ★★☆ Saal 2	Tone 09:30 - 10:25 ★ Saal 1	Sixpack Workout 10:30 - 10:55 ★★☆ Saal 1	STRONG by Zumba® 17:30 - 18:25 ★★★ Saal 1	Harris Barbell Lift 18:30 - 19:25 ★★☆ 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