

<b>Mo</b>	<b>Piloxing®</b> 09:00 - 09:55 ★ Saal 2	<b>Pilates</b> 09:00 - 09:55 ★ Saal 1	<b>Zumba®</b> 10:00 - 10:55 ★ Saal 2	<b>Aqua Fitness</b> 10:15 - 11:00 ★ Pool	<b>Tone</b> 12:30 - 13:25 ★ Saal 1	<b>Kundalini Yoga</b> 16:00 - 17:25 ★ Saal 1	<b>Pilates</b> 17:30 - 18:25 ★ Saal 1	<b>Zumba®</b> 17:30 - 18:25 ★ Saal 2	<b>Indoor Cycle</b> 17:30 - 18:25 ★★ Spinstudio	<b>LesMills Bodyjam</b> 18:30 - 19:25 ★ Saal 2	<b>TRX Workout</b> 18:30 - 19:10 ★★ Functional Area	<b>LesMills Bodypump</b> 18:30 - 19:25 ★★ Saal 1	<b>LesMills Bodybalance</b> 19:30 - 20:25 ★ Saal 1
<b>Di</b>	<b>Cardio Dance</b> 09:00 - 09:55 ★ Saal 1	<b>Back Health</b> 09:00 - 09:55 ★ Saal 2	<b>Tone</b> 10:00 - 10:55 ★ Saal 1	<b>Aqua Dance</b> 10:15 - 11:00 ★ Pool	<b>Aqua Fitness</b> 16:15 - 17:00 ★ Parkbad	<b>Harris Barbell Lift</b> 17:30 - 18:25 ★★ Saal 1	<b>Back Health</b> 17:30 - 18:25 ★ Saal 2	<b>Indoor Cycle</b> 18:30 - 20:00 ★★ Spinstudio	<b>TRX Workout</b> 18:30 - 19:10 ★★ Funct. Area	<b>LesMills Bodybalance</b> 18:30 - 19:25 ★ Saal 1	<b>Step &amp; Tone</b> 18:30 - 19:25 ★ Saal 2	<b>Sixpack Circle</b> 19:30 - 20:10 ★★ Functional Area	<b>Cardio Dance</b> 19:30 - 20:25 ★ Saal 1
<b>Mi</b>	<b>Wake up Cycle</b> 06:45 - 07:40 ★★ Spinstudio	<b>Hatha Yoga</b> 09:00 - 10:30 ★ Saal 1	<b>Cardio Step</b> 09:00 - 09:55 ★★ Saal 2	<b>Fascial Stretch</b> 10:00 - 10:25 ★ Saal 2	<b>Aqua Fitness</b> 10:15 - 11:00 ★ Pool	<b>Flow Yoga</b> 17:30 - 18:25 ★★ Saal 1	<b>Kondi Training</b> 17:30 - 18:25 ★★ Saal 2	<b>Hoop Fitness</b> 18:00 - 18:55 ★ die Sandburg	<b>Power Aqua</b> 18:30 - 19:15 ★★ Pool	<b>LesMills Bodypump</b> 18:30 - 19:25 ★★ Saal 1			
<b>Do</b>	<b>Smovey</b> 09:00 - 09:55 ★ Saal 1	<b>Body &amp; Flow</b> 09:00 - 09:55 ★ Saal 2	<b>Pilates</b> 10:00 - 10:55 ★★ Saal 1	<b>Tone</b> 17:30 - 18:25 ★★ Saal 1	<b>Hatha Yoga</b> 17:30 - 18:25 ★ Saal 2	<b>HiITup!</b> 18:00 - 18:45 ★★★ die Sandburg	<b>Schwimmtraining</b> 18:00 - 18:40 ★ Pool	<b>Pilates</b> 18:30 - 19:25 ★★ Saal 2	<b>LesMills Bodypump</b> 18:30 - 19:25 ★★ Saal 1	<b>LesMills Bodybalance</b> 19:30 - 20:25 ★★ Saal 1	<b>Sixpack Workout</b> 19:30 - 19:50 ★ Saal 2		
<b>Fr</b>	<b>Harris Barbell Lift</b> 06:45 - 07:40 ★★ Saal 1	<b>Back Health</b> 09:00 - 09:55 ★ Saal 1	<b>Tone</b> 09:00 - 09:55 ★ Saal 2	<b>Aqua Fitness</b> 10:15 - 11:00 ★ Pool	<b>Aqua Fitness</b> 14:45 - 15:30 ★ Pool	<b>LesMills Bodypump</b> 16:30 - 17:25 ★★ Saal 1	<b>Sixpack Workout</b> 17:30 - 17:50 ★ Saal 1						
<b>Sa</b>	<b>Tone</b> 09:30 - 10:25 ★★ Saal 1	<b>STRONG by Zumba®</b> 09:30 - 10:25 ★★★ Saal 2	<b>Bodybalance Summer Special</b> 10:00 - 10:55 ★ die Sandburg	<b>LesMills Bodybalance</b> 10:30 - 11:25 ★ Saal 1	<b>Aqua Fitness</b> 10:45 - 11:30 ★★ Pool	<b>Sixpack Circle</b> 17:00 - 17:40 ★★ Saal 1							
<b>So</b>	<b>Yoga</b> 09:15 - 10:25 ★★★ Saal 1	<b>Kondi Training</b> 09:30 - 10:25 ★★ Saal 2	<b>Harris Barbell Lift</b> 10:30 - 11:25 ★★ Saal 1	<b>Aqua Fitness</b> 10:30 - 11:15 ★ Pool	<b>Power Rücken</b> 18:00 - 18:55 ★ Saal 1	<b>Stretch &amp; Relax</b> 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