

<b>Mo</b>	<b>Functional Workout</b> 07:00 - 07:30 ★★ Saal 1	<b>Sixpack Workout</b> 07:35 - 08:00 ★☆☆ Saal 1	<b>Back Health</b> 16:30 - 17:15 ★ Saal 1	<b>Faszien Training</b> 17:20 - 17:55 ★ Saal 1	<b>Bootcamp</b> 18:00 - 19:15 ★☆☆ Outdoor	<b>Sixpack Workout</b> 18:00 - 18:30 ★☆☆ Saal 1	<b>Shape your Body</b> 18:35 - 19:35 ★☆☆ Saal 1
<b>Di</b>	<b>Wake Up Yoga</b> 07:00 - 08:00 ★ Saal 1	<b>FIELD Senior Fitness</b> 10:00 - 10:45 ★ Functional Area	<b>Mobility</b> 16:20 - 16:50 ★ Saal 1	<b>Functional Training</b> 17:00 - 17:30 ★★ Saal 1	<b>Latin Dance Aerobic</b> 17:40 - 18:40 ★ Saal 1	<b>LesMills Bodypump</b> 18:45 - 20:00 ★☆☆ Saal 1	<b>John Harris HIIT</b> 20:05 - 20:35 ★★★ Saal 1
<b>Mi</b>	<b>LesMills Bodypump</b> 07:00 - 08:00 ★☆☆ Saal 1	<b>Aqua Fitness</b> 09:00 - 10:00 ★ Pool	<b>Back Health</b> 10:15 - 11:15 ★ Saal 1	<b>Hatha Yoga</b> 16:30 - 17:45 ★ Saal 1	<b>LesMills Bodypump</b> 18:00 - 19:15 ★ Saal 1	<b>LesMills Bodybalance</b> 19:20 - 20:25 ★ Saal 1	
<b>Do</b>	<b>John Harris HIIT</b> 07:00 - 07:30 ★★★ Saal 1	<b>Sixpack Workout</b> 07:35 - 08:00 ★☆☆ Saal 1	<b>FIELD Senior Fitness</b> 10:00 - 10:45 ★ Functional Area	<b>Pilates</b> 16:30 - 17:30 ★ Saal 1	<b>John Harris HIIT</b> 18:00 - 18:30 ★★★ Saal 1	<b>Sixpack Workout</b> 18:40 - 19:10 ★☆☆ Saal 1	
<b>Fr</b>	<b>LesMills Bodypump</b> 07:00 - 08:00 ★☆☆ Saal 1	<b>Pilates</b> 09:00 - 10:00 ★ Saal 1	<b>Faszien Training</b> 10:00 - 10:45 ★ Saal 1	<b>Schwimmtraining</b> 13:00 - 14:00 ★ Pool	<b>Ashtanga Yoga</b> 14:30 - 15:45 ★☆☆ Saal 1	<b>LesMills Bodypump</b> 16:15 - 17:30 ★☆☆ Saal 1	
<b>Sa</b>	<b>Sixpack Workout</b> 09:30 - 10:00 ★☆☆ Saal 1	<b>Functional Workout</b> 10:15 - 10:50 ★★ Saal 1	<b>LesMills Bodybalance</b> 11:00 - 12:10 ★ Saal 1				
<b>So</b>	<b>Functional Circle</b> 09:30 - 10:00 ★☆☆ Saal 1	<b>Aqua Fitness</b> 09:30 - 10:30 ★ Pool	<b>Sixpack Workout</b> 10:05 - 10:35 ★☆☆ Saal 1	<b>Iyengar Yoga</b> 10:40 - 11:55 ★ Saal 1	<b>LesMills Bodypump</b> 16:45 - 18:00 ★☆☆ Saal 1	<b>Yoga</b> 18:15 - 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