

Mo	Stretch & Mobility 08:00 - 08:55 ★ Saal 1	Harris Barbell Lift 09:10 - 10:05 ★★ Saal 1	Pilates 10:20 - 11:15 ★ Saal 1	Tone 12:30 - 13:25 ★★ Saal 1	Back Health 16:30 - 17:25 ★ Saal 2	deepWORK/Tae BO 17:00 - 17:55 ★★ Saal 1	Back Health 17:40 - 18:35 ★ Saal 2	Indoor Cycle 18:30 - 19:25 ★★ Spinstudio	Pilates 18:30 - 19:25 ★ Saal 1	Cardio Step 18:50 - 19:45 ★★ Saal 2	Indoor Cycle 19:40 - 20:35 ★★ Spinstudio
Di	Best Ager Fitness 08:00 - 08:55 ★ Saal 1	Pilates 09:00 - 09:55 ★ Saal 2	Tone 09:10 - 10:05 ★ Saal 1	Back Health 10:20 - 11:15 ★ Saal 1	Hatha Yoga 17:15 - 18:25 ★★ Saal 2	Harris Barbell Lift 17:30 - 18:25 ★ Saal 1	Tone Circuit 18:40 - 19:35 ★★ Saal 1				
Mi	Wake up Cycle 06:45 - 07:40 ★★ Spinstudio	Stretch & Mobility 09:00 - 09:55 ★ Saal 1	Zumba® 09:00 - 09:55 ★ Saal 2	Tai Chi 10:10 - 11:05 ★ Saal 2	Flexi Tone 10:10 - 11:05 ★ Saal 1	Tone 16:30 - 17:25 ★★ Saal 1	Harris Barbell Lift 17:40 - 18:35 ★★ Saal 1	Flow Yoga 18:30 - 19:25 ★★ Saal 2	Piloxing® 18:50 - 19:45 ★★ Saal 1		
Do	Cardio Step 09:00 - 09:55 ★★ Saal 2	Back Health 09:00 - 09:55 ★ Saal 1	Harris Barbell Lift 10:10 - 11:05 ★★ Saal 1	Hatha Yoga 10:10 - 11:40 ★★ Saal 2	Zumba® 16:30 - 17:25 ★ Saal 1	Pilates 17:40 - 18:35 ★★ Saal 1	Hatha Yoga 18:30 - 20:00 ★★★ Saal 2	John Harris HIIT 18:45 - 19:30 ★★★ die Sandburg	Strong by Zumba® 18:50 - 19:45 ★★★ Saal 1		
Fr	Tone 09:00 - 09:55 ★★ Saal 1	Aerobic Basic 10:00 - 10:55 ★ Saal 2	Best Ager Fitness 10:10 - 11:05 ★ Saal 1	Flexi Tone 15:20 - 16:15 ★★ Saal 1	Harris Barbell Lift 16:30 - 17:25 ★★ Saal 1	deepWORK™ 16:30 - 17:30 ★★★ Saal 2	bodyART® 17:40 - 19:00 ★★ Saal 1				
Sa	Cardio Step 09:30 - 10:25 ★★ Saal 2	Kondi Training 09:30 - 10:25 ★★ Saal 1	Wake up Cycle 09:30 - 10:25 ★★ Spinstudio	Bodybalance Summer Special 10:00 - 11:00 ★ die Sandburg	Harris Barbell Lift 10:40 - 11:35 ★★ Saal 1						
So	Flow Yoga 09:15 - 10:25 ★★ Saal 2	Tone 09:30 - 10:25 ★ Saal 1	Sixpack Workout 10:40 - 11:10 ★★ Saal 1	STRONG by Zumba® 17:30 - 18:25 ★★★ Saal 1	Harris Barbell Lift 18:40 - 19:35 ★★ 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