

Mo	STRONG by Zumba® 09:00 - 09:55 ★☆☆ Saal 2	Pilates 09:00 - 09:55 ★ Saal 1	Zumba® 10:10 - 11:05 ★ Saal 2	Aqua Fitness 10:15 - 11:00 ★ Pool	Tone 12:30 - 13:25 ★★★ Saal 1	Kundalini Yoga 16:00 - 17:15 ★ Saal 1	LesMills Bodybalance 17:30 - 18:25 ★ Saal 1	Zumba® 17:30 - 18:25 ★ Saal 2	Indoor Cycle 17:30 - 18:25 ★★★ Spinstudio	LesMills Bodypump 18:40 - 19:35 ★★★ Saal 1	Pilates 18:40 - 19:35 ★ Saal 2
Di	Cardio Dance 09:00 - 09:55 ★ Saal 1	Back Health 09:00 - 09:55 ★ Saal 2	Tone 10:10 - 11:05 ★ Saal 1	Aqua Dance 10:15 - 11:00 ★ Pool	LesMills Bodypump 17:30 - 18:25 ★★★ Saal 1	Back Health 17:30 - 18:25 ★ Saal 2	LesMills Bodybalance 18:40 - 19:35 ★ Saal 1	Step&Tone/Cardio Dance 18:40 - 19:35 ★ Saal 2			
Mi	Wake up Cycle 06:45 - 07:40 ★★★ Spinstudio	Hatha Yoga 09:00 - 10:30 ★ Saal 1	Step & Tone 09:00 - 09:55 ★★★ Saal 2	Aqua Fitness 10:15 - 11:00 ★ Pool	Kondi Training 17:30 - 18:25 ★★★ Saal 2	Flow Yoga 17:30 - 18:25 ★★ Saal 1	Aqua Fitness 18:30 - 19:15 ★★★ Pool	LesMills Bodypump 18:40 - 19:35 ★★★ Saal 1			
Do	Smovey 09:00 - 09:55 ★ Saal 1	Pilates 10:10 - 11:05 ★★★ Saal 1	Tone 17:30 - 18:25 ★★ Saal 1	LesMills Bodybalance 17:30 - 18:25 ★ Saal 2	Indoor Cycle 18:30 - 19:25 ★★★ Spinstudio	Pilates 18:40 - 19:35 ★★★ Saal 2	LesMills Bodypump 18:40 - 19:35 ★★★ Saal 1				
Fr	Harris Barbell Lift 06:45 - 07:40 ★★★ Saal 1	Back Health 09:00 - 09:55 ★ Saal 1	Tone 09:00 - 09:55 ★ Saal 2	Aqua Fitness 10:15 - 11:00 ★ Pool	LesMills Bodypump 16:30 - 17:25 ★★★ Saal 1	Sixpack Workout 17:30 - 17:55 ★ Saal 2					
Sa	Tone 09:30 - 10:25 ★★ Saal 1	STRONG by Zumba® 09:30 - 10:25 ★★★ Saal 2	Aqua Fitness 10:30 - 11:15 ★★ Pool	Zumba® 10:40 - 11:35 ★ Saal 2	LesMills Bodybalance 10:40 - 11:35 ★ Saal 1	Sixpack Workout 17:30 - 17:55 ★ Saal 1					
So	Yoga 09:15 - 10:25 ★★★ Saal 1	Kondi Training 09:30 - 10:25 ★★★ Saal 2	Wake up Cycle 09:30 - 10:25 ★★★ Spinstudio	Aqua Fitness 10:30 - 11:15 ★ Pool	Harris Barbell Lift 10:40 - 11:35 ★★★ Saal 1	Power Rücken 17:30 - 18:25 ★ Saal 1	Stretch & Relax 18:40 - 19:10 ★ 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