

Mo	Bodywork 07:30 - 08:30 ★ Saal 1	Pilates 12:15 - 13:15 ★ Saal 1	Harris Pump 17:30 - 18:30 ★★ Saal 1	M.A.X. 18:30 - 19:00 ★ Saal 1	Sixpack Workout 19:00 - 19:30 ★ Saal 1	Hatha Yoga 19:30 - 21:00 ★ Saal 1	
Di	Sixpack Workout 08:00 - 08:30 ★ Saal 1	Back Health 08:30 - 09:30 ★ Saal 1	TaiChi QiGong 12:15 - 13:15 ★ Saal 1	Zumba® 17:00 - 18:00 ★ Saal 1	Pilates 18:00 - 19:00 ★ Saal 1	Harris Kick 19:00 - 20:00 ★★ Saal 1	Sixpack Workout 20:00 - 20:30 ★ Saal 1
Mi	Yogalates 12:00 - 13:00 ★ Saal 1	Aqua Fitness 13:00 - 13:45 ★ Pool	Stretch&Tone 17:30 - 18:00 ★ Saal 1	Faszien Training 18:00 - 18:30 ★ Saal 1	Bodywork 18:30 - 19:30 ★ Saal 1	Fatburning 19:30 - 20:30 ★☆ Saal 1	
Do	Yoga 07:30 - 08:30 ★ Saal 1	Harris Pump 12:15 - 13:15 ★★ Saal 1	Aqua Fitness 17:30 - 18:15 ★ Pool	Power Sculpt & Stretch 18:30 - 19:30 ★ Saal 1	Sixpack Workout 19:30 - 20:00 ★ Saal 1		
Fr	Sixpack Workout 09:00 - 09:30 ★ Saal 1	Zumba® 09:30 - 10:30 ★ Saal 1	Hatha Yoga 14:00 - 15:30 ★ Saal 1	Back Health 17:00 - 18:00 ★ Saal 1	A.B.T. 18:00 - 19:00 ★ Saal 1		
Sa	Total Body & Stretch 10:00 - 11:00 ★ Saal 1	Bodywork 17:00 - 18:00 ★ Saal 1	Yogalates 18:00 - 19:00 ★ Saal 1				
So	Antara® & Stretch 10:30 - 11:30 ★ Saal 1	deepWORK™ 11:30 - 12:30 ★ Saal 1	Pilates & Stretch 17:00 - 18:00 ★ Saal 1	Sixpack Workout 18:00 - 18:30 ★ Saal 1	Total Body 18:30 - 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