

Mo	Stretch & Mobilty 07:00 - 07:55 ★ Saal 1	Stretch & Mobilty 08:00 - 08:55 ★ Saal 1	Harris Barbell Lift 09:00 - 09:55 ★★ Saal 1	Pilates 10:00 - 10:55 ★ 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 17:30 - 18:25 ★ Saal 2	Sixpack Workout 18:00 - 18:25 ★ Saal 1	Indoor Cycle 18:30 - 19:25 ★★ Spinstudio	Pilates 18:30 - 19:25 ★ Saal 1	Cardio Step 18:30 - 19:25 ★★ Saal 2
Di	Best Ager Fitness 08:00 - 08:55 ★ Saal 1	Pilates 09:00 - 09:55 ★ Saal 2	Tone 09:00 - 09:55 ★ Saal 1	Back Health 10:00 - 10:55 ★ Saal 1	Fascial Stretch 10:00 - 10:30 ★ Saal 2	Aqua Fitness 16:15 - 17:00 ★ Parkbad	Zumba® 17:00 - 17:55 ★ die Sandburg	Sixpack Workout 17:00 - 17:25 ★ Saal 1	Flow Yoga 17:30 - 18:25 ★ Saal 2	Harris Barbell Lift 17:30 - 18:25 ★★ Saal 1	Tone 18:30 - 19:25 ★★ Saal 1	Tae Bo 18:30 - 19:25 ★★ Saal 2
Mi	Wake up Cycle 06:45 - 07:40 ★★ Spinstudio	Stretch & Mobilty 08:00 - 08:55 ★ Saal 1	Stretch & Mobilty 09:00 - 09:55 ★ Saal 1	Flexi Tone 10:00 - 10:55 ★ Saal 1	Tai Chi 10:00 - 10:55 ★ Saal 2	Tone 16:30 - 17:25 ★★ Saal 1	Stretch & Mobilty 17:30 - 18:25 ★ Saal 2	Harris Barbell Lift 17:30 - 18:25 ★★ Saal 1	Indoor Cycle 18:30 - 19:25 ★★ Spinstudio	Kondi Training 18:30 - 19:25 ★★ Saal 1	Flow Yoga 18:30 - 19:25 ★★ Saal 2	
Do	Cardio Step 09:00 - 09:55 ★★ Saal 2	Back Health 09:00 - 09:55 ★ Saal 1	Harris Barbell Lift 10:00 - 10:55 ★★ Saal 1	Yoga 10:00 - 11:30 ★★ Saal 2	Booty Workout 17:00 - 17:25 ★ Saal 1	Sixpack Workout 17:00 - 17:25 ★ Saal 2	Pilates 17:30 - 18:25 ★★ Saal 1	Functional Training 18:00 - 19:00 ★★ Funct. Area	STRONG Nation 18:30 - 19:25 ★★★ Saal 1			
Fr	Tone 09:00 - 09:55 ★★ Saal 1	Best Ager Fitness 10:00 - 10:55 ★ Saal 1	Cardio Dance 10:00 - 10:55 ★ Saal 2	Aqua Fitness 14:45 - 15:30 ★ Parkbad	Flexi Tone 15:30 - 16:25 ★★ Saal 1	Harris Barbell Lift 16:30 - 17:25 ★★ Saal 1	Sixpack Workout 17:30 - 17:55 ★ 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	Find your Balance 10:30 - 11:25 ★ Saal 2	Harris Barbell Lift 10:30 - 11:25 ★★ Saal 1	Sixpack Circle 17:15 - 18:00 ★★ Saal 1					
So	Flow Yoga 09:15 - 10:25 ★★ Saal 2	Tone 09:30 - 10:25 ★ Saal 1	Sixpack Workout 10:30 - 10:55 ★ Saal 1	Booty Workout 17:00 - 17:25 ★ Saal 1	STRONG Nation 17:30 - 18:25 ★★★ Saal 1	Harris Barbell Lift 18:30 - 19:25 ★★ 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