

Mo	Pilates 09:00 - 09:55 ★ Saal 1	Piloxing® 09:00 - 09:55 ★★ Saal 2	Zumba® 10:00 - 10:55 ★ Saal 2	Aqua Fitness 10:15 - 11:00 ★ Pool	LesMills Bodybalance 17:30 - 18:25 ★ Saal 1	Zumba® 17:30 - 18:25 ★ Saal 2	TRX Workout 18:00 - 18:45 ★★ Functional Area	LesMills Bodypump 18:30 - 19:25 ★★ Saal 1	Piloxing® 18:30 - 19:25 ★★ Saal 2	Indoor Cycle 18:30 - 19:25 ★★ Spinstudio		
Di	Cardio Dance 09:00 - 09:55 ★ Saal 1	Back Health 09:00 - 09:55 ★ Saal 2	Tone 10:00 - 10:55 ★ Saal 1	Aqua Dance 10:15 - 11:00 ★ Pool	Aqua Fitness 16:15 - 17:00 ★ Parkbad	Zumba® 17:00 - 17:55 ★ die Sandburg	Sixpack Workout 17:00 - 17:25 ★ Saal 2	LesMills Bodypump 17:30 - 18:25 ★★ Saal 1	Back Health 17:30 - 18:25 ★ Saal 2	LesMills Bodybalance 18:30 - 19:25 ★ Saal 1	Step&Tone/Cardio Dance 18:30 - 19:25 ★ Saal 2	HIIT & FIT 18:30 - 19:30 ★★★ Functional Area
Mi	Wake up Cycle 06:45 - 07:40 ★★ Spinstudio	Hatha Yoga 09:00 - 10:30 ★ Saal 1	Aqua Fitness 10:15 - 11:00 ★ Pool	Kondi Training 17:30 - 18:25 ★★ Saal 2	Flow Yoga 17:30 - 18:25 ★★ Saal 1	LesMills Bodypump 18:30 - 19:25 ★★ Saal 1	Yoga 18:30 - 19:25 ★★ Saal 2	Sixpack Workout 18:30 - 18:55 ★★ Functional Area				
Do	Smovey 09:00 - 09:55 ★ Saal 1	Pilates 10:00 - 10:55 ★★ Saal 1	Tone 17:30 - 18:25 ★★ Saal 1	LesMills Bodybalance 17:30 - 18:25 ★ Saal 2	Pilates 18:30 - 19:25 ★★ Saal 2	Harris Barbell Lift 18:30 - 19:25 ★★ Saal 1						
Fr	Tone 09:00 - 09:55 ★ Saal 2	Back Health 09:00 - 09:55 ★ Saal 1	Aqua Fitness 10:15 - 11:00 ★ Pool	Aqua Fitness 14:45 - 15:30 ★ Parkbad	Sixpack Workout 16:00 - 16:25 ★ Saal 1	LesMills Bodypump 16:30 - 17:25 ★★ Saal 1						
Sa	Tone 09:30 - 10:25 ★★ Saal 1	LesMills Bodybalance 09:30 - 10:25 ★ Saal 2	Bodybalance Summer Special 10:00 - 11:00 ★ die Sandburg	Aqua Fitness 10:30 - 11:15 ★★ Pool	Sixpack Circle/HIIT & FIT 17:00 - 17:45 ★★ Saal 1							
So	Yoga 09:15 - 10:25 ★★★ Saal 1	Kondi Training 09:30 - 10:25 ★★ Saal 2	Aqua Fitness 10:30 - 11:15 ★ Pool	Harris Barbell Lift 10:30 - 11:25 ★★ Saal 1	Power Rücken 17:30 - 18:25 ★ Saal 1	Stretch & Relax 18:30 - 19:00 ★ 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