

<b>Mo</b>	<b>Total Body</b> 07:30 - 08:30 ★★ Saal 1	<b>Zirkel Training</b> 09:00 - 09:30 ★ Functional Area	<b>Pilates</b> 12:30 - 13:30 ★ Saal 1	<b>Back Health</b> 17:30 - 18:30 ★ Saal 1	<b>Zirkel Training</b> 18:00 - 18:30 ★ Functional Area	<b>Power Sculpt</b> 18:30 - 19:30 ★★ Saal 1		
<b>Di</b>	<b>Wake Up Yoga</b> 07:30 - 08:30 ★ Saal 1	<b>M.A.X.</b> 12:30 - 13:00 ★ Saal 1	<b>Sixpack Workout</b> 13:00 - 13:30 ★ Saal 1	<b>Zumba®</b> 17:00 - 18:00 ★ Saal 1	<b>Zirkel Training</b> 18:00 - 18:30 ★ Functional Area	<b>Bodywork</b> 18:00 - 19:00 ★★ Saal 1	<b>Astanga Yoga</b> 19:00 - 20:30 ★ Saal 1	
<b>Mi</b>	<b>Zirkel Training</b> 08:00 - 08:30 ★ Functional Area	<b>Back Health</b> 09:00 - 10:00 ★ Saal 1	<b>Crawling</b> 17:00 - 17:30 ★ Saal 1	<b>Back Health</b> 17:30 - 18:30 ★ Saal 1	<b>Zirkel Training</b> 18:00 - 18:30 ★ Functional Area	<b>M.A.X.</b> 18:30 - 19:00 ★ Saal 1	<b>Harris Kick</b> 19:00 - 20:00 ★★ Saal 1	<b>Sixpack Workout</b> 20:00 - 20:30 ★ Saal 1
<b>Do</b>	<b>Pilates</b> 07:30 - 08:30 ★ Saal 1	<b>Bodywork</b> 12:30 - 13:30 ★ Saal 1	<b>Harris Pump</b> 18:00 - 19:00 ★★ Saal 1	<b>Pilates</b> 19:00 - 20:00 ★ Saal 1				
<b>Fr</b>	<b>Body Sculpt</b> 07:30 - 08:30 ★ Saal 1	<b>Hatha Yoga</b> 12:30 - 14:00 ★ Saal 1	<b>Bodywork</b> 17:00 - 18:00 ★ Saal 1	<b>Hatha Yoga</b> 18:00 - 19:30 ★ Saal 1				
<b>Sa</b>	<b>Back Health</b> 10:00 - 11:00 ★ Saal 1	<b>Harris Pump</b> 11:00 - 12:00 ★★ Saal 1	<b>Sixpack Workout</b> 17:00 - 17:30 ★ Saal 1	<b>Antara®</b> 17:30 - 18:30 ★ Saal 1	<b>John Harris HIIT</b> 18:30 - 19:00 ★ Saal 1			
<b>So</b>	<b>Yogalates</b> 10:30 - 11:30 ★ Saal 1	<b>Core Training</b> 11:30 - 12:00 ★ Saal 1	<b>Total Body</b> 17:00 - 18:00 ★★ Saal 1	<b>Zumba®</b> 18:00 - 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