

MO	DI	MI	DO	FR	SA	SO
09.45 - 10.25 Rückenfitness (E-F)	10.00 - 11.00 Pilates (E-F)	09.15 - 10.15 Rückenfitness (E-F)	10.00 - 11.00 Fatburner-/ Intro- Indoor-Cycling (E-F)*	09.00 - 09.45 Aqua-Jogging (E-F)	10.00 - 10.55 Rückenfitness (E-F)	10.45 - 11.45 Step (M)
	10.00 - 11.00 Fatburner-/ Intro- Indoor-Cycling (E-F)*	10.15 - 11.30 Yoga (E-F)	11.15 - 12.00 Aquafitness (E-F)	10.00 - 10.55 Rückenfitness (E-F)	11.00 - 12.00 Pilates (E-F)	10.45 - 12.15 Indoor Cycling (E-F)
10.45 - 11.30 Aquafitness 50+ (E-F)	11.15 - 12.00 Aquafitness (E-F)	11.00 - 12.00 Aqua-Zumba (E-F)	11.00 - 12.00 Bodystyling (E-F)	11.00 - 12.00 Pilates&Stretch (E-F)	11.00 - 12.00 Langhantel- Workout (E-F)	11.45 - 12.45 Bodystyling (E-F)
10.30 - 11.25 Bodystyling & Flexibar (E-F)			18.00 - 18.55 Rückenfitness (M)		15.00 - 16.30 Laufftreff (F)	12.45 - 13.30 New Body Step (E-F)
11.30 - 12.30 Zumba (E-F)	18.30 - 19.15 Rückenfitness (E-F)		19.00 - 19.55 Power Workout (M)			
18.30 - 19.25 Bodystyling (E-F)	19.00 - 20.30 Indoor-Cycling (M-F)*	18.30 - 19.30 Kick & Box (E-F)	18.00 - 18.45 Aquafitness 50+ (E-F)			16.00 - 17.00 ThaiBo (E-F)
19.30 - 20.25 Rückenfitness (E-F)	19.30 - 20.15 Aquafitness (E-F)	18.30 - 19.25 Fun-Step (M)	19.45 - 20.45 Indoor-Cycling (E-F)*	17.30 - 18.15 Aqua-Aerobic (E-F)		17.00 - 18.00 Kick-Fit & Stretch (E-F)
19.30 - 20.15 Aqua-Aerobic (E-F)	19.30 - 20.25 Zumba (E-F)	19.30 - 20.00 Bauch Power (M)	20.45 - 21.45 Indoor-Cycling (M-F)*	18.30 - 19.30 Total Body Conditioning (E-F)	E = M = F = E-F =	Einsteigerkurse Mittelstufe Fortgeschrittene Für Alle geeignet
20.30 - 21.45 Power Yoga (E-F)	20.30 - 21.30 BBP (E-F)	19.30 - 20.30 Langhantel- Workout (E-F)	20.00 - 21.30 Pilates meets Yoga (E-F)	19.30 - 21.00 ThaiBo (E-F)		

* Anmeldung 24 h vorher am Counter erforderlich

gültig ab November 2011