

MONTAG	DIENSTAG	MITTWOCH	DONNERTAG	FREITAG	SAMSTAG	SONNTAG
09:15 – 10:00 Wirbelsäulen-Training	09:30-10:30 Bodystyling/Tabata	09:15 – 10:00 Starker Rücken	09:15 – 10:15 Zumba Gold	09:15 – 10:15 Rückenfitness	09:30 -10:30 Core & Faszien	09:30-10:30 Yoga Flow
10:10 – 11:10 Bodystyling& Flexibar	10:00 – 10:45 Aqua Jogging	10:15-11:00 Aqua Jogging	10:00 – 10:45 Aqua Jogging	10:15 – 11:00 Mobility & Faszien	10:35 – 11:35 Rückenfitness	10:45-11:45 Functional Fitness
	11:00 – 11:45 Aqua Fitness	11:15-12:00 Aqua Yoga	11:00 – 11:45 Aqua Fitness	10:30 – 11:15 Aqua Zumba		
	10:35 – 12:05 Vinyasa Flow Yoga	10:05-10:50 Mobility& Strech	10:30 – 12:00 Hatha Flow	11:00 – 12:00 Qi-Gong	11:45 – 12:45 Langhantelworkout	12:00-13:00 Abs & Glutes intensiv
	10:45-11:30 Indoor Cycling	12:00 – 13:00 Pilates	10:30-11:30 Indoor Cycling		15:00-18:00 Special nach Aushang	
	17:45 – 18:45 HIIT Ganzkörper	16:45-17:45 Rücken & Faszien				
17:15 – 18:45 Hatha Yoga	18:00 – 18:45 Aqua Fitness	18:00 – 19:00 Bodystyling	18:00 – 18:45 Aqua Fitness	18:30 – 19:15 Aqua Aerobic		
18:30 – 19:15 Aqua Aerobic	19:00-19:45 Aqua Jogging	18:30 – 19:15 Aqua Zumba	19:00-19:45 Aqua Jogging	19:15 – 20:00 Aqua Jogging		
18:30 – 19:30 BBP	19:00 – 20:00 Zumba Fitness	18:30 – 20:00 Power Yoga	18:00 – 19:00 Wirbelsäulen-Training	19:00 – 20:30 Fitboxen		
			19:00-20:30 Indoor Cycling			
19:00-20:30 Indoor Cycling	20:00 – 20:45 Stretch & Relax	19:15 – 20:15 Rückenfitness	19:15– 20:15 Langhantelworkout			

= Wasserkurse

BITTE BRINGT EURE EIGENE TRAININGSMATTE MIT.