

MONTAG	DIENSTAG	MITTWOCH	DONNERTSTAG	FREITAG	SAMSTAG	SONNTAG
09.45 – 10.30 RÜCKENFITNESS	09.30 – 10.15 AQUAFITNESS	09.30 – 10.15 AQUAFITNESS	10.00 – 11.00 INDOOR-CYCLING	09.15 – 10.15 RÜCKENFITNESS	09.30 – 10.30 ZIRKELTRAINING	09.30 – 10.30 FUNCTIONAL FITNESS
10.30 – 11.30 BODYSTYLING & FLEXIBAR	10.00 – 11.00 INDOOR-CYCLING	09.30 – 10.30 RÜCKENFITNESS	10.00 – 11.00 BODYSTYLING & FLEXIBAR	10.30 – 11.15 AQUAFITNESS	10.30 – 11.30 RÜCKENFITNESS	10.30 – 11.30 CORE - POWER
10.45 – 11.30 AQUAFITNESS 50+	10.30 – 12.00 PILATES & FASZIEN	10.30 – 12.00 YOGA	10.15 – 11.00 AQUAJOGGING	10.15 – 11.45 YOGA FLOW	11.30 – 12.30 LANGHANTEL	10.30 -11.45 INDOOR - CYCLING
	18.00 – 18.45 AQUAFITNESS	11.00 – 12.00 AQUA ZUMBA	11.15 – 12.00 AQUAFITNESS		14.30 – 16.30 LAUFTREFF	11.30 – 12.30 FASZIENTRAINING
18.15 – 19.15 BODYSTYLING	18.00 – 19.00 TRX + BOOTCAMP	18.00 – 19.00 STRONG	18.00 – 19.00 RÜCKENFITNESS	18.30 – 19.15 AQUA - AEROBIC	16.00 – 18.00 SPECIAL <i>AUSHANG BEACHTEN</i>	
19.00 – 20.30 INDOOR-CYCLING	19.00 – 20.00 LANGHANTEL	19.00 – 20.00 KICK & BOX	18.00 – 18.45 AQUAFITNESS 50+	19.15 – 19.45 AQUA - JOGGING		
19.15 – 20.15 RÜCKENFITNESS	19.00 – 20.30 INDOOR-CYCLING	19.00 – 20.00 KUNDALINI YOGA				
19.30 – 20.15 AQUA AEROBIC	20.00 – 21.00 RÜCKENFITNESS	20.00 – 21.00 BBP	19.00 – 19.55 POWER-WORKOUT			
20.15 – 21.30 POWER YOGA			20.00 – 21.30 PILATES & FASZIEN			