

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
10:15 – 11:15 Bodystyling& Flexibar		10:00 – 10:45 Aqua Jogging	10:15-11:00 Aqua Jogging		10:00 – 10:45 Aqua Jogging		10:20 – 11:05 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					
		10:45- 11:30 Indoor Cycling	10:30 – 11:30 Bodystyling	10:05- 10:50 Mobility& Strech	10:30 – 12:00 Hatha Flow	10:30- 11:30 Indoor Cycling	10:30 – 11:15 Aqua Zumba		11:45 – 12:45 Langhantelworkout	12:00-13:00 Abs & Glutes intensiv
		11:00 – 12:15 Hatha Yoga	12:00 – 13:00 Pilates				11:05 – 12:05 Pilates			
17:15 – 18:45 Hatha Yoga		17:45 – 18:45 HIIT Ganzkörper	18:00 – 18:45 Aqua Zumba		18:00 – 19:00 Wirbelsäulen-Training		18:30 – 19:15 Aqua Aerobic			
18:30 – 19:15 Aqua Aerobic		18:00 – 18:45 Aqua Fitness	18:00 – 19:00 Bodystyling		18:00 – 18:45 Aqua Fitness		19:00 – 20:30 Fitboxen	19:00- 20:30 Indoor Cycling	16:00-19:00 Kurspecialzeit (auf My Wellness App/Studioaushang einsichtig)	
		19:00-19:45 Aqua Jogging			19:00-19:45 Aqua Jogging					
19:00 – 20:00 BBP	19:00- 20:30 Indoor Cycling	19:00 – 20:00 Zumba Fitness 20:00 – 20:45 Stretch & Relax	19:15 – 20:15 Rückenfitness		19:15 – 20:15 Bodystyling		19:15 – 20:00 Aqua Jogging			

Stand: Mai 23

BITTE BRINGT EURE EIGENE TRAININGSMATTE MIT.

