



AQUAVITAL

aquaFit

Freude an Gesundheit

AQUA-KURSE

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 – 09:45 aquaFitness	07:15 – 08:00 aquaFitness	09:15 – 10:00 Funktionelle aquaFitness	07:15 – 08:00 aquaFitness	08:45 – 09:45 aquaCycling	09:15 – 10:00 aquaJogging Wettkampfbecken	10:45 – 11:30 aquaCircle
10:15 – 11:00 aquaFitness	09:10 – 09:55 aquaJogging	10:15 – 11:00 aquaCircle	09:15 – 10:00 aquaCircle	10:30 – 11:15 aquaFitness	10:15 – 11:00 aquaFitness	12:00 – 12:45 aquaPower
12:00 – 12:45 aquaJogging Naturbadesee	10:15 – 11:00 aquaFitness	13:00 – 13:45 aquaFitness	11:45 – 12:30 aquaFitness	11:30 – 12:15 aquaFitness	11:45 – 12:30 aquaFitness	
13:30 – 14:15 aquaFitness	11:15 – 12:00 aquaFitness	18:00 – 18:45 aquaFitness	17:30 – 18:15 aquaIntervall	18:15 – 19:00 aquaCircle		
17:15 – 18:00 aquaFitness	16:00 – 16:45 aquaFitness	19:00 – 19:45 aquaStep	18:30 – 19:15 aquaPower			
18:15 – 19:15 aquaCycling Einsteiger	17:00 – 18:00 aquaCycling					
19:30 – 20:15 aquaPower						