



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
11:15 – 12:15 aquaCycling	10:15 – 11:00 aquaFitness	13:15 – 14:00 aquaFitness	11:45 – 12:30 aquaFitness	11:30 – 12:15 aquaFitness	11:45 – 12:30 aquaFitness	
13:15 – 14:00 aquaFitness	11:15 – 12:00 aquaFitness	16:00 – 16:45 aquaFitness	16:15 – 17:15 aquaZumba®	18:15 – 19:00 aquaFitness		
17:15 – 18:00 aquaFitness	16:00 – 16:45 aquaFitness	17:00 – 17:45 aquaDance	17:30 – 18:15 aquaIntervall			
18:15 – 19:15 aquaCycling	17:00 – 18:00 aquaCycling	19:00 – 19:45 aquaStep	18:30 – 19:15 aquaPower			
19:30 – 20:15 aquaPower	19:00 – 19:45 aquaDance					