








KURSPLAN ab März

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
09:15 – 10:00	Fitnesspool aquaFitness	07:15 – 08:00	Fitnesspool aquaFitness	09:15 – 10:00	Fitnesspool Funktionelle aquaFitness	07:15 – 08:00	Cyclingraum Indoor Cycling	08:45 – 09:45	Fitnesspool aquaCycling	09:15 – 10:00	Wettkampfbecken aquaJogging	10:00 – 10:45	Fitnesspool Funktionelle aquaFitness
09:30 – 10:20	Fitnessraum Pilates	09:00 – 09:40	Fitnessraum Sturzprävention	09:30 – 10:30	Yogaraum Beckenboden Yoga	07:15 – 08:00	Fitnesspool aquaFitness	09:30 – 10:20	Fitnessraum Core & Stretch	09:30 – 10:20	Fitnessraum Pilates	10:00 – 10:50	Fitnessraum Core & Stretch
10:15 – 11:00	Fitnesspool aquaFitness	09:10 – 09:55	Wettkampfbecken aquaJogging	10:30 – 11:15	Fitnesspool aquaCircle	08:45 – 09:30	Fitnessraum Rücken Spezialkurs*	10:30 – 11:15	Fitnesspool aquaFitness	10:00 – 11:00	Cyclingraum Indoor Cycling	10:00 – 11:00	Yogaraum Yin & Yang Yoga
10:45 – 11:45	Yogaraum Free Mix Yoga	10:00 – 10:50	Fitnessraum Core & Stretch	10:30 – 11:20	Fitnessraum Mixed Workout	09:15 – 10:00	Fitnesspool aquaCircle	10:30 – 11:20	Fitnessraum Mixed Workout	10:15 – 11:00	Fitnesspool aquaFitness	11:00 – 11:45	Fitnesspool aquaCircle
11:15 – 12:15	Fitnesspool aquaCycling	10:15 – 11:00	Fitnesspool aquaFitness	10:45 – 11:45	Yogaraum Beckenboden Yoga	09:30 – 10:30	Yogaraum Hatha Yoga	11:30 – 12:15	Fitnesspool aquaFitness	10:30 – 11:20	Fitnessraum Flexi-Bar®	11:00 – 11:45	Cyclingraum Indoor Cycling
13:45 – 14:30	Fitnesspool aquaFitness	10:15 – 11:15	Yogaraum Yin Yoga	13:15 – 14:00	Fitnesspool aquaFitness	10:00 – 10:50	Fitnessraum bodyFit	17:00 – 17:20	Fitnessraum Bauch total	10:30 – 11:30	Yogaraum Vinyasa Yoga	11:00 – 11:50	Fitnessraum Bauch, Beine, Po
14:45 – 15:30	Fitnesspool aquaFitness	11:15 – 12:00	Fitnesspool aquaFitness	16:00 – 16:50	Fitnessraum medical Fit	10:45 – 11:45	Yogaraum Hatha Yoga	17:00 – 18:00	Yogaraum Yin & Yang Yoga	11:30 – 12:20	Fitnessraum Zumba®	12:00 – 12:45	Cyclingraum Indoor Cycling <small>jeden 3. So. im Monat FTP-Test</small>
16:00 – 16:45	Fitnessraum Fit45 	16:00 – 16:45	Fitnesspool aquaFitness	17:00 – 17:45	Fitnesspool aquaCircle	11:00 – 11:40	Fitnessraum Sturzprävention	17:30 – 18:20	Fitnessraum Power Gym	11:45 – 12:45	Yogaraum Yin Yoga	12:00 – 12:45	Fitnesspool aquaPower
16:00 – 16:45	Yogaraum Yogilates NEU	16:00 – 16:50	Fitnessraum Funktionelles Faszientraining	17:00 – 17:45	Yogaraum Power Pilates NEU	11:45 – 12:30	Fitnesspool aquaFitness	17:45 – 18:45	Cyclingraum Indoor Cycling	11:45 – 12:30	Fitnesspool aquaFitness	12:00 – 12:45	Fitnessraum Fit45 
17:00 – 17:50	Fitnessraum Pilates	16:00 – 17:00	Yogaraum Qigong	17:00 – 17:50	Fitnessraum medical Fit	14:45 – 15:30	Fitnesspool aquaSchwebend	18:15 – 19:00	Fitnesspool aquaFitness	17:00 – 17:50	Yogaraum Yin & Yang Yoga	18:00 – 19:00	Yogaraum Vinyasa Yoga
17:15 – 18:00	Fitnesspool aquaFitness	17:00 – 17:50	Fitnessraum Power Gym	18:00 – 18:45	Fitnesspool aquaFitness	16:30 – 17:15	Fitnessraum Fit45 	18:30 – 19:20	Fitnessraum Step	17:15 – 18:00	Cyclingraum Indoor Cycling	18:00 – 19:00	Fitnessraum Hot Iron™
17:45 – 18:45	Cyclingraum Indoor Cycling	17:00 – 18:00	Fitnesspool aquaCycling	18:00 – 18:45	Fitnessraum Fit45 	16:30 – 17:30	Fitnesspool aquaZumba®	18:30 – 19:30	Yogaraum Yin Yoga	17:45 – 18:45	Cyclingraum Indoor Cycling <small>jeden 1. Di. im Monat FTP-Test</small>	18:00 – 19:00	Yogaraum Yin & Yang Yoga
18:00 – 19:00	Fitnessraum Hot Iron™	17:45 – 18:45	Cyclingraum Indoor Cycling <small>jeden 1. Di. im Monat FTP-Test</small>	18:00 – 19:00	Yogaraum Yin & Yang Yoga	17:00 – 17:50	Yogaraum Yogilates	19:15 – 20:15	Fitnesspool aquaZumba®	18:00 – 19:00	Yogaraum Vinyasa Yoga	18:00 – 19:00	Fitnessraum X-Fitness
18:00 – 19:00	Yogaraum Vinyasa Yoga	18:00 – 18:50	Fitnessraum X-Fitness	19:00 – 19:50	Fitnessraum Bauch, Beine, Po	17:30 – 18:20	Fitnessraum Zumba®	18:15 – 19:15	Yogaraum Dance Yoga	18:15 – 19:15	Fitnesspool aquaCycling	18:15 – 19:15	Yogaraum Hatha Yoga
18:15 – 19:15	Fitnesspool aquaCycling	18:00 – 19:00	Yogaraum Hatha Yoga	19:00 – 19:45	Fitnesspool aquaStep	19:00 – 19:45	Fitnesspool aquaIntervall	19:15 – 20:00	Fitnessraum Fit45 	18:15 – 19:15	Fitnessraum aquaZumba®	19:15 – 20:15	Yogaraum Power Flow Yoga
19:15 – 20:00	Fitnessraum Fit45 	18:15 – 19:15	Fitnesspool aquaZumba®	19:15 – 20:15	Yogaraum Power Flow Yoga	18:15 – 19:15	Yogaraum Dance Yoga	19:15 – 20:15	Yogaraum Yin & Yang Yoga	19:00 – 19:45	Fitnessraum Rücken Spezialkurs*	19:15 – 20:15	Cyclingraum Indoor Cycling
19:15 – 20:15	Yogaraum Yin & Yang Yoga	19:00 – 19:45	Fitnessraum Rücken Spezialkurs*	19:15 – 20:15	Cyclingraum Indoor Cycling	18:30 – 19:30	Fitnessraum Hot Iron™	19:30 – 20:15	Fitnesspool aquaPower	19:30 – 20:15	Fitnesspool aquaPower	19:30 – 20:15	Fitnesspool aquaPower
19:30 – 20:15	Fitnesspool aquaPower					18:30 – 19:30	Cyclingraum Indoor Cycling	19:45 – 20:45	Yogaraum Somatic Yin Yoga				

* nur für eingeschriebene Teilnehmer

Kurse

-  Yoga
-  Fitness
-  Indoor Cycling
-  aqua

aquaFit

Freude an Gesundheit