

AQUA-KURSE



AQUAVITAL

aquaFit

Freude an Gesundheit

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