

KURSPLAN

ab September

MONTAG	DIENTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:15 – 10:00 Fitnesspool aquaFitness	07:15 – 08:00 Fitnesspool aquaFitness	09:15 – 10:00 Fitnesspool aquaFitness	07:15 – 08:00 Fitnesspool aquaFitness	08:45 – 09:45 Fitnesspool aquaCycling	09:15 – 10:00 Wettkampfbecken aquaJogging	10:00 – 10:45 Fitnesspool aquaFitness
09:30 – 10:20 Fitnessraum Pilates	09:00 – 09:40 Fitnessraum Sturzprävention	09:30 – 10:30 Yogaraum Beckenboden Yoga	08:45 – 09:30 Fitnessraum Rücken Spezialkurs*	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	09:15 – 10:00 Fitnesspool aquaCircle	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	09:30 – 10:30 Yogaraum Hatha Yoga	11:30 – 12:15 Fitnesspool aquaFitness	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	10:00 – 10:50 Fitnessraum bodyFit	17:00 – 17:20 Fitnessraum Bauch total	10:30 – 11:20 Fitnessraum Flexi-Bar®	11:00 – 11:50 Fitnessraum Bauch, Beine, Po
13:45 – 14:30 Fitnesspool aquaFitness	10:15 – 11:15 Yogaraum Yin Yoga	13:15 – 14:00 Fitnesspool aquaFitness	10:45 – 11:45 Yogaraum Hatha Yoga	17:00 – 18:00 Yogaraum Yin & Yang Yoga	10:30 – 11:30 Yogaraum Vinyasa Yoga	11:30 – 12:30 Cyclingraum Indoor Cycling
16:00 – 16:45 Fitnessraum Fit45	11:15 – 12:00 Fitnesspool aquaFitness	16:00 – 16:50 Fitnessraum Funktionelles Faszientraining	11:00 – 11:40 Fitnessraum Sturzprävention	17:30 – 18:20 Fitnessraum Power Gym	11:30 – 12:20 Fitnessraum Zumba®	12:00 – 12:45 Fitnesspool aquaPower
16:00 – 16:45 Yogaraum Yogilates	16:00 – 16:45 Fitnesspool aquaFitness	17:00 – 17:45 Fitnesspool aquaCircle	11:45 – 12:30 Fitnesspool aquaFitness	17:45 – 18:45 Cyclingraum Indoor Cycling	11:45 – 12:45 Yogaraum Yin Yoga	12:00 – 12:45 Fitnessraum Fit45
17:00 – 17:50 Fitnessraum Pilates	16:00 – 16:50 Fitnessraum Core & Stretch NEU ab 08.09.	17:00 – 17:45 Yogaraum Power Pilates	14:45 – 15:30 Fitnesspool aquaFitness	18:15 – 19:00 Fitnesspool aquaFitness	11:45 – 12:30 Fitnesspool aquaFitness	13:00 – 13:45 Fitnessraum Power Pilates
17:15 – 18:00 Fitnesspool aquaFitness	16:00 – 17:00 Yogaraum Qigong	17:00 – 17:50 Fitnessraum medical Fit	16:30 – 17:15 Fitnessraum Fit45	18:30 – 19:20 Fitnessraum Step		
17:45 – 18:45 Cyclingraum Indoor Cycling	17:00 – 17:50 Fitnessraum Power Gym	18:00 – 18:45 Fitnesspool aquaFitness	16:30 – 17:15 Fitnesspool aquaFitness NEU	18:30 – 19:30 Yogaraum Yin Yoga		
18:00 – 19:00 Fitnessraum Hot Iron™	17:00 – 18:00 Fitnesspool aquaCycling	18:00 – 18:45 Fitnessraum Fit45	17:00 – 17:45 Yogaraum Funktionelle Fußgymnastik NEU			
18:00 – 19:00 Yogaraum Vinyasa Yoga	17:45 – 18:45 Cyclingraum Indoor Cycling	18:00 – 19:00 Yogaraum Yin & Yang Yoga	17:30 – 18:20 Fitnessraum Zumba®			
18:15 – 19:15 Fitnesspool aquaCycling	18:00 – 18:50 Fitnessraum X-Fitness	19:00 – 19:50 Fitnessraum Bauch, Beine, Po	17:45 – 18:30 Fitnesspool aquaIntervall			
19:15 – 20:00 Fitnessraum Fit45	19:00 – 19:45 Fitnesspool aquaFitness NEU	19:00 – 19:45 Fitnesspool aquaStep	18:00 – 19:00 Yogaraum HIIT Yoga NEU			
19:15 – 20:15 Yogaraum Yin & Yang Yoga	19:00 – 19:45 Fitnessraum Rücken Spezialkurs*	19:15 – 20:15 Yogaraum Power Flow Yoga	18:30 – 19:30 Fitnessraum Hot Iron™			
19:30 – 20:15 Fitnesspool aquaPower	19:45 – 20:45 Yogaraum Achtsames Dehnen	19:15 – 20:15 Cyclingraum Indoor Cycling	18:30 – 19:30 Cyclingraum Indoor Cycling			
			18:45 – 19:30 Fitnesspool aquaPower			
			19:45 – 20:45 Yogaraum Somatic Yin Yoga			

* nur für eingeschriebene Teilnehmer

Kurse

- Yoga
- Fitness
- Indoor Cycling
- aqua

aquaFit

Freude an Gesundheit