

KURSPLAN

ab Oktober

MONTAG	DIENSTAG	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	07:15 – 08:00 NEU Cyclingraum Indoor Cycling	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	09:00 – 09:40 Fitnessraum Sturzprävention	10:30 – 11:15 Fitnesspool aquaCircle	09:15 – 10:00 Fitnesspool aquaCircle	10:15 – 11:15 NEU Yogaraum Achtsames Dehnen	10:15 – 11:00 Fitnesspool aquaFitness	10:00 – 11:00 Yogaraum Yin & Yang Yoga
10:45 – 11:45 Yogaraum Free Mix Yoga	09:10 – 09:55 Wettkampfbecken aquaJogging	10:30 – 11:20 Fitnessraum Mixed Workout	09:30 – 10:30 Yogaraum Hatha Yoga	10:30 – 11:15 Fitnesspool aquaFitness	10:15 – 11:15 Cyclingraum Indoor Cycling	10:45 – 11:30 Cyclingraum Indoor Cycling ab 11.10.
11:15 – 12:15 Fitnesspool aquaCycling	10:00 – 10:50 Fitnessraum Core & Stretch	10:45 – 11:45 Yogaraum Beckenboden Yoga	10:00 – 10:50 Fitnessraum bodyFit	11:30 – 12:15 Fitnesspool aquaFitness	10:30 – 11:20 Fitnessraum Flexi-Bar®	11:00 – 11:45 Fitnesspool aquaCircle
13:45 – 14:30 Fitnesspool aquaFitness	10:15 – 11:00 Fitnesspool aquaFitness	13:15 – 14:00 Fitnesspool aquaFitness	10:45 – 11:45 Yogaraum Hatha Yoga	17:00 – 17:20 Fitnessraum Bauch total	10:30 – 11:30 Yogaraum Vinyasa Yoga	11:00 – 11:50 Fitnessraum Bauch, Beine, Po
16:00 – 16:45 Fitnessraum Fit45 	10:15 – 11:15 Yogaraum Yin Yoga	16:00 – 16:50 Fitnessraum Funktionelles Faszientraining	11:00 – 11:40 Fitnessraum Sturzprävention	17:00 – 18:00 Yogaraum Yin & Yang Yoga	11:30 – 12:20 Fitnessraum Zumba®	11:45 – 12:30 Cyclingraum Indoor Cycling
17:00 – 17:50 Fitnessraum Pilates	11:15 – 12:00 Fitnesspool aquaFitness	17:00 – 17:45 Fitnesspool aquaCircle	11:45 – 12:30 Fitnesspool aquaFitness	17:30 – 18:20 Fitnessraum Power Gym	11:45 – 12:45 Yogaraum Yin Yoga	12:00 – 12:45 Fitnesspool aquaPower
17:15 – 18:00 Fitnesspool aquaFitness	16:00 – 16:45 Fitnesspool aquaFitness	17:00 – 17:45 Yogaraum Power Pilates	14:45 – 15:30 Fitnesspool aquaFitness	17:45 – 18:45 Cyclingraum Indoor Cycling	11:45 – 12:30 Fitnesspool aquaFitness	12:00 – 12:45 Fitnessraum Fit45 
17:45 – 18:45 Cyclingraum Indoor Cycling	16:00 – 16:50 Fitnessraum Core & Stretch	17:00 – 17:50 Fitnessraum Core & Stretch	16:30 – 17:15 Fitnessraum Fit45 	18:15 – 19:00 Fitnesspool aquaFitness		13:00 – 13:45 Fitnessraum Power Pilates
18:00 – 19:00 Fitnessraum Hot Iron™	16:00 – 17:00 Yogaraum Qigong	18:00 – 18:45 Fitnesspool aquaFitness	16:30 – 17:15 Fitnesspool aquaFitness	18:30 – 19:20 Fitnessraum Step		
18:00 – 19:00 NEU Yogaraum Easy Flow Yoga	17:00 – 17:50 Fitnessraum Power Gym	18:00 – 18:45 Fitnessraum Fit45 	17:00 – 17:45 Yogaraum Funktionelle Fußgymnastik	18:30 – 19:30 Yogaraum Yin Yoga		
18:15 – 19:15 Fitnesspool aquaCycling	17:00 – 18:00 Fitnesspool aquaCycling	18:00 – 19:00 Yogaraum Yin & Yang Yoga	17:30 – 18:20 Fitnessraum Zumba®			
19:15 – 20:00 Fitnessraum Fit45 	18:00 – 18:50 Fitnessraum X-Fitness	19:00 – 19:50 Fitnessraum Bauch, Beine, Po	17:45 – 18:30 Fitnesspool aquaIntervall			
19:15 – 20:15 Yogaraum Yin & Yang Yoga	18:00 – 19:00 NEU Yogaraum HIIT Yoga	19:00 – 19:45 Fitnesspool aquaStep	18:30 – 19:30 Fitnessraum Hot Iron™			
19:30 – 20:15 Fitnesspool aquaPower	18:00 – 19:00 Cyclingraum Indoor Cycling	19:15 – 20:15 Yogaraum Power Flow Yoga	18:30 – 19:30 Cyclingraum Indoor Cycling			
	19:00 – 19:45 Fitnesspool aquaFitness	19:15 – 20:15 Cyclingraum Indoor Cycling	18:45 – 19:30 Fitnesspool aquaPower			
	19:00 – 19:45  Fitnessraum Rücken Spezialkurs*		19:45 – 20:45 Yogaraum Somatic Yin Yoga			
	19:45 – 20:45 Yogaraum Achtsames Dehnen					

* nur für eingeschriebene Teilnehmer

Kurse

-  Yoga
-  Fitness
-  Indoor Cycling
-  aqua

aquaFit

Freude an Gesundheit