

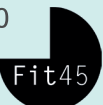


aquaFit

FITNESS-KURSE

FITNESSKURSE

Freude an Gesundheit

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30 – 10:00 Pilates	09:00 – 09:40 Sturzprävention	10:30 – 11:20 Mixed Workout	10:00 – 10:50 bodyFit	09:30 – 10:20 Core & Stretch	09:30 – 10:20 Pilates	10:00 – 10:50 Core & Stretch
16:00 – 16:45 Fit45 	10:00 – 10:50 Core & Stretch	16:00 – 16:50 Funktionelles Faszientraining	11:00 – 11:40 Sturzprävention	17:00 – 17:20 Bauch total	10:30 – 11:20 Flexi-Bar®	11:00 – 11:50 Bauch, Beine, Po
17:00 – 17:50 Pilates	16:00 – 16:50 Core & Stretch	17:00 – 17:45 Core & Stretch	16:30 – 17:15 Fit45 	17:30 – 18:20 Power Gym	11:30 – 12:20 Zumba®	12:00 – 12:45 Fit45 
18:00 – 19:00 Hot Iron™	17:00 – 17:50 Power Gym	18:00 – 18:45 Fit45 	17:30 – 18:20 Zumba®	18:30 – 19:20 Step		13:00 – 13:45 Power Pilates
19:15 – 20:00 Fit45 	18:00 – 18:50 X-Fitness	19:00 – 19:50 Bauch, Beine, Po	18:30 – 19:30 Hot Iron™			