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
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 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 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 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 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 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	19:15 – 20:15	Yogaraum Power Flow Yoga	18:30 – 19:30	Fitnessraum Hot Iron™						
19:30 – 20:15	Fitnesspool aquaPower	18:00 – 19:00	Cyclingraum Indoor Cycling	19:15 – 20:15	Cyclingraum Indoor Cycling	18:30 – 19:30	Cyclingraum Indoor Cycling						
		19:00 – 19:45	Fitnesspool aquaFitness			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