



# KURSPLAN GÜLTIG AB FEBRUAR 2020

Bitte beachten: Organisationsbedingte Änderung der Kurse vorbehalten.

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 - 09:00 <b>Bodybalance</b> Studio 1	07:30 - 08:00 <b>Grit</b> Studio 2	08:15 - 09:15 <b>Bodypump</b> Studio 2	08:30 - 09:25 <b>Pilates</b> Studio 2	07:00 - 08:00 <b>Cycle</b> C-Raum	10:00 - 10:55 <b>Synrgy</b> Synrgy	10:30 - 11:30 <b>Cycle</b> C-Raum
09:00 - 09:25 <b>Bauch, Beine, Po Xpress</b> Studio 2	08:15 - 09:15 <b>Cycle</b> C-Raum	08:30 - 09:30 <b>Bodybalance</b> Studio 1	08:30 - 09:25 <b>Synrgy</b> Synrgy	07:30 - 08:00 <b>Tabata</b> Studio 2	11:00 - 11:25 <b>Stretch &amp; Relax</b> Studio 1	10:30 - 11:25 <b>Step</b> Studio 2
09:30 - 09:55 <b>Wirbelsäulen Xpress</b> Studio 2	09:00 - 10:00 <b>Pilates</b> Studio 1	09:30 - 10:25 <b>Wirbelsäule</b> Studio 2	09:00 - 10:00 <b>Jumping</b> Studio 1	08:00 - 09:00 <b>Jumping</b> Studio 1	11:00 - 12:00 <b>Special</b> Studio 2	11:00 - 11:55 <b>Jumping</b> Synrgy
09:30 - 10:30 <b>Yoga</b> Studio 1	10:00 - 10:30 <b>Best Age</b> Studio 2	10:30 - 11:30 <b>Zumba</b> Studio 2	09:30 - 10:25 <b>Wirbelsäule</b> Studio 2	08:30 - 09:25 <b>Schwimmtechnik</b> Pool	11:30 - 12:15 <b>Aqua</b> Pool	11:00 - 11:45 <b>Aqua</b> Pool
10:00 - 10:25 <b>Stretch &amp; Relax</b> Studio 2	10:30 - 11:55 <b>Yoga</b> Studio 1	10:30 - 11:30 <b>Aqua</b> Pool	10:10 - 10:55 <b>Aqua</b> Pool	8:30 - 09:25 <b>Step Fatburner</b> Studio 2		11:30 - 12:30 <b>Bodypump</b> Studio 2
10:45 - 11:30 <b>Aqua</b> Pool	11:00 - 11:55 <b>Zumba Gold</b> Studio 2			09:00 - 09:55 <b>Yoga</b> Studio 1		12:00 - 12:25 <b>Stretch &amp; Relax</b> Studio 1
				09:30 - 10:30 <b>Bodypump</b> Studio 2		12:35 - 13:05 <b>CX Worx</b> Studio 2
				10:40 - 11:25 <b>Aqua</b> Pool		13:10 - 14:10 <b>Bodycombat</b> Studio 2
17:15 - 18:10 <b>Pilates</b> Studio 1	17:00 - 17:45 <b>Aqua</b> Pool	17:15 - 18:00 <b>Aqua</b> Pool	17:20 - 18:30 <b>Pilates</b> Studio 2	16:30 - 18:00 <b>Yoga Intense</b> Studio 1	16:00 - 16:25 <b>Bauch und Rücken</b> Studio 2	16:00 - 17:00 <b>Jumping</b> Studio 1
17:30 - 18:30 <b>Cycle</b> C-Raum	17:30 - 18:25 <b>Bodyworkout</b> Studio 1	17:30 - 18:25 <b>Danceworkout</b> Studio 1	18:00 - 18:55 <b>Wirbelsäule</b> Studio 1	16:30 - 16:55 <b>Bauch und Rücken</b> Studio 2	16:30 - 17:30 <b>Bootcamp</b> Studio 2	17:00 - 17:30 <b>CX Worx</b> Studio 2
17:30 - 17:55 <b>Tabata</b> Studio 2	18:00 - 19:00 <b>Bodypump</b> Studio 2	17:30 - 18:25 <b>Bodystyling</b> Studio 2	18:00 - 18:25 <b>Aero Sling</b> Functional Zone	17:00 - 18:00 <b>Hot Iron</b> Studio 2		17:30 - 18:00 <b>Grit</b> Studio 2
18:00 - 18:25 <b>Bauch, Beine, Po Xpress</b> Studio 2	18:30 - 19:30 <b>Cycle</b> C-Raum	18:00 - 18:55 <b>Schwimmtechnik</b> Pool	18:35 - 19:05 <b>Grit</b> Studio 2	17:00 - 18:00 <b>Functional</b> Functional Zone		18:00 - 18:45 <b>Aqua</b> Pool
18:15 - 19:45 <b>Yoga Intense</b> Studio 1	18:30 - 18:55 <b>Core Workout</b> Studio 1	18:00 - 19:00 <b>Cycle</b> C-Raum	19:00 - 20:00 <b>Synrgy</b> Synrgy	18:00 - 19:00 <b>Bodyattack</b> Studio 2		
18:30 - 18:55 <b>Bauch und Rücken</b> Studio 1	19:00 - 19:55 <b>Faszientraining</b> Studio 1	18:30 - 19:30 <b>Bodyattack</b> Studio 1	19:00 - 20:00 <b>Cycle</b> C-Raum	18:05 - 19:00 <b>Cycle</b> C-Raum		
18:30 - 19:15 <b>Aqua</b> Pool	19:00 - 19:25 <b>Aero Sling</b> Functional Zone	18:30 - 19:00 <b>CX Worx</b> Studio 2	19:05 - 19:35 <b>CX Worx</b> Studio 2	18:00 - 18:45 <b>Aqua</b> Pool		
18:30 - 19:30 <b>Cycle</b> C-Raum	19:00 - 19:30 <b>Grit</b> Studio 2	19:00 - 19:30 <b>Cycle</b> C-Raum	19:40 - 20:40 <b>Bodybalance</b> Studio 1			
19:00 - 20:00 <b>Functional</b> Functional Zone	19:45 - 20:45 <b>Bodycombat</b> Studio 2	19:00 - 20:00 <b>Bodypump</b> Studio 2	19:40 - 20:40 <b>Bodycombat</b> Studio 2			
19:00 - 20:00 <b>Bodypump</b> Studio 2	20:00 - 21:00 <b>Synrgy</b> Synrgy	19:00 - 20:00 <b>Functional</b> Functional Zone				
20:00 - 21:00 <b>Jumping</b> Studio 1	20:00 - 21:00 <b>Jumping</b> Studio 1	19:30 - 20:30 <b>Yoga</b> Studio 1				
20:00 - 21:00 <b>Danceworkout</b> Studio 2	21:00 - 21:25 <b>Stretch &amp; Relax</b> Studio 1	20:00 - 21:00 <b>Bodycombat</b> Studio 2				
		20:30 - 20:55 <b>Autogenes Training</b> Studio 1				

Immer informiert:

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**KOSTENLOSE KINDERBETREUUNG:**

Mo – Fr: 08:00 – 12:30 Uhr  
15:30 – 19:30 Uhr

Sa: 14:30 – 19:30 Uhr

So: 10:00 – 14:30 Uhr  
16:00 – 19:30 Uhr

  ENTSPANNUNGSKURSE
   AQUAKURSE
   KRÄFTIGUNGSKURSE
   CARDIOKURSE
   YOGA INTENSE
   SPECIAL
   BEST AGE KURSE
   JUMPING