


KURSPLAN GÜLTIG AB 01. APRIL 2019


Bitte beachten: Organisationsbedingte Änderung der Kurse vorbehalten.

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 – 09:25 Bauch, Beine, Po Xpress Studio 2	07:30 – 08:00 GRIT™ Studio 2	07:00 – 08:00 Cycle C-Raum	07:00 – 07:45 BODYPUMP® Xpress Studio 2	07:00 – 08:00 Cycle C-Raum	10:00 – 10:55 SYNRGY 360™ SYNRGY	10:30 – 11:25 Step Studio 2
09:30 – 09:55 Wirbelsäule Xpress Studio 2	08:30 – 09:30 Cycle C-Raum	08:30 – 08:55 Workout Xpress Studio 1	08:30 – 09:25 SYNRGY 360™ SYNRGY	08:00 – 08:25 Tabata Studio 1	11:00 – 11:25 Stretch & Relax Studio 1	10:30 – 11:30 Cycle C-Raum
10:00 – 10:25 Stretch & Relax Studio 2	09:00 – 09:55 Pilates Studio 2	08:30 – 09:30 BODYPUMP® Studio 2	08:30 – 09:25 Pilates Studio 1	08:30 – 08:55 Aero Sling Studio 1	11:30 – 12:15 Aqua Pool	11:00 – 11:55 SYNRGY 360™ SYNRGY
10:45 – 11:30 Aqua Pool	10:00 – 10:25 Best Age Studio 2	09:00 – 09:30 Faszientraining Studio 1	09:30 – 10:25 Wirbelsäule Studio 2	08:30 – 09:25 Step Fatburner Studio 2	16:00 – 16:25 Bauch & Rücken Studio 2	11:30 – 12:30 BODYPUMP® Studio 2
17:15 – 18:15 Pilates Studio 1	10:30 – 11:55 Yoga Studio 1	09:30 – 10:25 Wirbelsäule Studio 2	10:30 – 10:55 Stretch & Relax Studio 2	09:00 – 10:00 Yoga Studio 1	16:30 – 17:25 Bootcamp Studio 2	12:00 – 12:25 Stretch & Relax Studio 1
17:30 – 17:55 Tabata Studio 2	11:00 – 11:55 Zumba® Gold Studio 2	10:30 – 11:25 ZUMBA® Studio 2	11:15 – 12:00 Aqua Pool	09:30 – 10:30 BODYPUMP® Studio 2		12:35 – 13:05 CXWORX® Studio 2
17:30 – 19:00 Cycle C-Raum	17:00 – 17:45 Aqua Pool	10:45 – 11:30 Aqua Pool	17:30 – 17:55 Aero Sling Studio 1	10:40 – 11:20 Aqua Pool		13:10 – 14:10 BODYCOMBAT® Studio 2
18:00 – 18:25 Bauch, Beine, Po Xpress Studio 2	17:00 – 17:55 Bodyworkout Studio 2	17:15 – 18:00 Aqua Pool	17:20 – 18:30 Pilates Studio 2	16:30 – 16:55 Bauch & Rücken Studio 2		17:00 – 17:30 GRIT™ Studio 2
18:15 – 19:45 Yoga Intense Studio 1	17:30 – 17:55 Aero Sling Studio 1	17:30 – 18:55 Dance Workout Studio 1	18:35 – 19:05 GRIT™ Studio 2	16:30 – 18:00 Yoga Intense Studio 1		17:30 – 18:00 CXWORX® Studio 2
18:30 – 18:55 Bauch & Rücken Studio 2	18:00 – 19:00 BODYPUMP® Studio 2	17:30 – 18:25 Bodystyling Studio 2	19:00 – 19:55 SYNRGY 360™ SYNRGY	17:00 – 17:55 HOT IRON™ 1-2 Studio 2		18:15 – 19:00 Aqua Pool
18:30 – 19:15 Aqua Pool	18:00 – 18:55 Fatburner / Cardio Class Studio 1	18:00 – 18:55 Schwimmtechnik Pool	19:00 – 20:00 Cycle C-Raum	18:00 – 18:45 Aqua Pool		
19:00 – 20:00 BODYPUMP® Studio 2	18:30 – 19:30 Cycle C-Raum	18:00 – 19:00 Cycle für Einsteiger C-Raum	19:05 – 19:35 CXWORX® Studio 2	18:05 – 19:30 Cycle C-Raum		
20:00 – 20:25 Bauch & Rücken Studio 1	19:00 – 19:25 Bauch, Beine, Po Xpress Studio 1	18:30 – 19:00 CXWORX® Studio 2	19:40 – 20:30 BODYCOMBAT® Studio 2			
20:05 – 21:00 Dance Workout Studio 2	19:05 – 19:35 GRIT™ Studio 2	19:00 – 19:25 Tabata Studio 1	20:00 – 20:25 Stretch & Relax Studio 1			
	19:45 – 20:45 BODYCOMBAT® Studio 2	19:00 – 20:00 Cycle C-Raum				
	20:00 – 20:55 SYNRGY 360™ SYNRGY	19:00 – 20:00 BODYPUMP® Studio 2				
	21:00 – 21:25 Stretch & Relax Studio 1	19:30 – 20:25 Yoga Studio 1				
		20:00 – 20:30 HIIT Studio 2				
		20:30 – 20:55 Autogenes Training Studio 1				

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

Immer informiert:

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■ CARDIOKURSE
 ■ KRÄFTIGUNGSKURSE
 ■ ENTSPANNUNGSKURSE
 ■ SPECIAL
 ■ AQUAKURSE
 ■ BEST AGE KURSE