

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 09:25 BAUCH, BEINE, PO XPRESS (S) Studio 2	08:15 - 09:15 CYCLE (C) C-Raum	08:15 - 09:15 BODYPUMP (S) Studio 2	08:30 - 09:25 PILATES (S) Studio 2	07:00 - 08:00 CYCLE (C) C-Raum		10:30 - 11:30 CYCLE (C) C-Raum
09:30 - 09:55 WIRBELSÄULEN XPRESS (S) Studio 2	09:45 - 10:15 BEST AGE (S) Studio 1	09:30 - 10:25 WIRBELSÄULE (S) Studio 1	08:30 - 09:30 JUMPING (S) Studio 1	8:30 - 09:25 STEP FATBURNER (D) Studio 2		
	10:30 - 11:55 YOGA (S) Studio 1			9:00 - 10:00 YOGA (S) Studio 1	10:00 - 10:55 SYNRGY (B) Fläche	11:00 - 11:45 AQUA (A) Pool
	11:00 - 11:55 ZUMBA GOLD (D) Studio 2	10:30 - 11:25 BODY & MIND (S) Studio 1		09:30 - 10:30 BODYPUMP (S) Studio 2	11:00 - 11:30 STRETCH & RELAX (S) Studio 1	11:30 - 12:30 BODYPUMP (D) Studio 2
10:00 - 10:30 STRETCH & RELAX (S) Studio 2		10:30 - 11:25 ZUMBA (D) Studio 2		10:30 - 11:00 MEDITATION (S) Studio 1	11:45 - 12:45 JUMPING (S) Studio 1	12:40 - 13:10 CORE (D) Studio 2
10:45 - 11:30 AQUA (A) Pool		10:45 - 11:30 AQUA (A) Pool	10:45 - 11:30 AQUA (A) Pool	10:40 - 11:25 AQUA (A) Pool		13:15 - 14:15 BODYCOMBAT (D) Studio 2
17:15 - 18:10 PILATES (S) Studio 1	17:00 - 17:45 AQUA (A) Pool	17:15 - 18:00 AQUA (A) Pool		16:30 - 18:00 YOGA INTENSE (S) Studio 1		16:00 - 17:00 BODYATTACK (D) Studio 2
17:30 - 17:55 TABATA (D) Studio 2		17:20 - 18:20 JUMPING (S) Studio 1	17:00 - 18:30 YOGA (S) Studio 1			
		17:30 - 18:25 BODYSTYLING (S) Studio 2	17:30 - 18:15 AQUA (A) Pool			
17:30 - 18:30 CYCLE (C) C-Raum	18:00 - 19:00 BODYPUMP (S) Studio 2	18:00 - 18:55 SCHWIMMTECHNIK (A) Pool	17:20 - 18:30 PILATES (S) Studio 2	18:00 - 19:00 BODYATTACK (D) Studio 2		
18:00 - 18:25 BAUCH, BEINE, PO XPRESS (S) Studio 2	18:00 - 18:55 BODYWORKOUT (S) Studio 1	18:00 - 19:00 CYCLE EINSTEIGER (C) C-Raum	18:00 - 19:00 CYCLE (C) C-Raum	18:05 - 19:00 CYCLE (C) C-Raum		
18:15 - 19:45 YOGA INTENSE (S) Studio 1	18:30 - 19:30 CYCLE (C) C-Raum		18:35 - 19:05 GRIT (D) Studio 2	18:05 - 19:05 ZUMBA (D) Studio 1 <small>ab 09.07.21</small>		
18:30 - 18:55 BAUCH UND RÜCKEN (S) Studio 2	19:00 - 19:55 FASZIEN TRAINING (S) Studio 1 <small>ab 20.07.21</small>	18:30 - 19:00 CORE (D) Studio 2	19:00 - 20:00 SYNRGY (B) Fläche			
18:30 - 19:15 AQUA (A) Pool	19:05 - 19:35 GRIT (D) Studio 2	19:00 - 20:00 CYCLE (C) C-Raum	19:00 - 20:00 CYCLE (C) C-Raum			
18:30 - 19:30 CYCLE (C) C-Raum	19:40 - 20:40 BODYCOMBAT (D) Studio 2	19:05 - 20:05 BODYPUMP (S) Studio 2	19:15 - 19:45 CORE (D) Studio 2			
19:00 - 20:00 BODYPUMP (S) Studio 2		18:30 - 19:30 YOGA (S) Studio 1	19:15 - 20:00 BODYBALANCE (S) Studio 1			
20:00 - 21:00 JUMPING (S) Studio 1		19:35 - 20:35 STEP 2 (S) Studio 1	19:50 - 20:50 BODYCOMBAT (D) Studio 2			
			20:00 - 20:30 STRETCH & RELAX (S) Studio 1			

- (S) = Statischer Kurs
- (D) = Dynamischer Kurs
- (C) = Cycle Kurs
- (A) = Aqua Kurs
- (B) = SYNRGY

Immer informiert:

 [HYGIA Fitness Braunschweig](#)

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ENTSPANNUNGSKURSE
AQUAKURSE
KRÄFTIGUNGSKURSE
CARDIOKURSE
YOGA INTENSE
BEST AGE KURSE
JUMPING