

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00	07:00   Studio 1 <sup>(60)</sup> IRON SYSTEM™		07:00   Cyclingraum <sup>(50)</sup> Easy Cycling	07:00   Studio 1 <sup>(60)</sup> IRON SYSTEM™			
08:00	08:00   Studio 1 <sup>(60)</sup> Wirbelsäule	08:00   Pool <sup>(60)</sup> Schwimmtraining		08:05   Studio 1 <sup>(50)</sup> Flexi Toning	08:45   Studio 1 <sup>(50)</sup> Pilates I		
09:00	09:05   Studio 1 <sup>(50)</sup> Cardio Workout	09:00   Studio 1 <sup>(50)</sup> Bodystyling	09:00   Studio 1 <sup>(50)</sup> BBRP	09:00   Studio 1 <sup>(60)</sup> Step II	09:40   Studio 1 <sup>(60)</sup> Step Intervall	09:30   Studio 1 <sup>(60)</sup> IRON SYSTEM™	09:15   Studio 1 <sup>(50)</sup> Step I
	09:05   Studio 2 <sup>(60)</sup> Pilates I-II	09:00   Studio 2 <sup>(60)</sup> Pilates II	09:00   Studio 2 <sup>(50)</sup> Rücken Fit	09:00   Studio 2 <sup>(90)</sup> Vinyasa Yoga II	09:40   Studio 2 <sup>(50)</sup> Rücken Fit	09:30   Studio 2 <sup>(60)</sup> Wirbelsäule	09:30   Studio 2 <sup>(90)</sup> Vinyasa Yoga
	09:30   Pool <sup>(50)</sup> Aqua Workout	09:10   Pool <sup>(50)</sup> Aqua ZUMBA®	09:00   Pool <sup>(50)</sup> Aqua Workout		09:30   Cyclingraum <sup>(60)</sup> Mixed Cycling		
	09:00   Fläche <sup>(20)</sup> Bauchworkout	09:00   Fläche <sup>(20)</sup> Bauchworkout	09:00   Fläche <sup>(20)</sup> Bauchworkout	09:00   Fläche <sup>(20)</sup> Bauchworkout	09:00   Fläche <sup>(20)</sup> Bauchworkout		
	09:20   Fläche <sup>(20)</sup> Stretch Pur	09:20   Fläche <sup>(20)</sup> Stretch Pur	09:20   Fläche <sup>(20)</sup> Stretch Pur	09:20   Fläche <sup>(20)</sup> Stretch Pur	09:20   Fläche <sup>(20)</sup> Stretch Pur		09:30   Fläche <sup>(20)</sup> Bauchworkout
10:00	10:00   Studio 1 <sup>(60)</sup> IRON SYSTEM™	10:00   Studio 1 <sup>(55)</sup> Jazz Moves I	10:00   Studio 1 <sup>(60)</sup> IRON SYSTEM™	10:05   Studio 1 <sup>(50)</sup> Bodystyling	10:45   Studio 1 <sup>(60)</sup> IRON SYSTEM™	10:35   Studio 1 <sup>(50)</sup> BBRP	10:10   Studio 1 <sup>(50)</sup> Bodystyling
	10:10   Studio 2 <sup>(60)</sup> Wirbelsäule	10:05   Studio 2 <sup>(50)</sup> Flexi Toning	10:00   Studio 2 <sup>(90)</sup> Jivamukti Yoga II		10:40   Studio 2 <sup>(60)</sup> Pilates II	10:45   Cyclingraum <sup>(60)</sup> Mixed Cycling	10:00   Cyclingraum <sup>(50)</sup> Easy Cycling
		10:00   Cyclingraum <sup>(60)</sup> Mixed Cycling	10:05   Cyclingraum <sup>(50)</sup> Easy Cycling	10:00   Pool <sup>(50)</sup> Aqua Mix	10:10   Pool <sup>(50)</sup> Aqua Workout	10:00   Pool <sup>(50)</sup> Aqua Mix	10:30   Pool <sup>(30)</sup> Aqua Intro
11:00	11:15   Studio 2 <sup>(75)</sup> Workout Yoga	11:10   Studio 1 <sup>(30)</sup> B + R intensiv		11:00   Studio 2 <sup>(60)</sup> Qi Gong		11:30   Studio 2 <sup>(60)</sup> Pilates II	11:05   Studio 1 <sup>(60)</sup> IRON SYSTEM™
		11:05   Studio 2 <sup>(60)</sup> ⊙ Jukari-Fit to Fly™					11:10   Studio 2 <sup>(50)</sup> Rücken Fit
		11:00   Fläche <sup>(30)</sup> ⊙ Functional Training	11:00   Fläche <sup>(30)</sup> ⊙ Functional Training		11:00   Fläche <sup>(30)</sup> ⊙ Functional Training		11:00   Pool <sup>(50)</sup> Aqua Workout
				12:00   Studio 2 <sup>(30)</sup> Atem + Entspannung		12:45   Fläche <sup>(30)</sup> ⊙ Functional Training	12:10   Studio 1 <sup>(50)</sup> Pilates I
15:00		15:00   Studio 1 <sup>(50)</sup> BBRP	15:00   Studio 1 <sup>(50)</sup> Bodystyling				
		15:35   Studio 2 <sup>(75)</sup> Yoga Beginner		15:00   Studio 2 <sup>(60)</sup> Pilates I-II			
16:00			16:00   Studio 1 <sup>(50)</sup> Rücken Fit	16:05   Studio 1 <sup>(50)</sup> BBRP		16:00   Outdoor <sup>(75)</sup> X-Co Walking	
			16:00   Studio 2 <sup>(50)</sup> € Kindertanz (ab 4-6 J.)	16:00   Studio 2 <sup>(60)</sup> € Hip Hop/Funk Teens (ab 9 J.)			
				16:00   Fläche <sup>(30)</sup> ⊙ Functional Training			
17:00	17:00   Studio 1 <sup>(55)</sup> ZUMBA®	17:00   Studio 1 <sup>(60)</sup> IRON SYSTEM™	17:00   Studio 1 <sup>(60)</sup> Step II	17:00   Studio 1 <sup>(50)</sup> Bodystyling	17:00   Studio 1 <sup>(50)</sup> BBRP	17:30   Studio 1 <sup>(50)</sup> Bodystyling	17:30   Studio 1 <sup>(50)</sup> BBRP
	17:30   Studio 2 <sup>(90)</sup> Kundalini Yoga	17:00   Studio 2 <sup>(50)</sup> Pilates I	17:00   Studio 2 <sup>(60)</sup> Pilates I-II	17:05   Studio 2 <sup>(60)</sup> Wirbelsäule	17:00   Studio 2 <sup>(75)</sup> Workout Yoga	17:00   Studio 2 <sup>(75)</sup> Yoga Beginner	
		17:30   Fläche <sup>(30)</sup> ⊙ Functional Training				17:00   Cyclingraum <sup>(50)</sup> Easy Cycling	17:30   Cyclingraum <sup>(50)</sup> Easy Cycling
18:00	18:00   Studio 1 <sup>(60)</sup> Step Intervall	18:05   Studio 1 <sup>(50)</sup> BBRP	18:05   Studio 1 <sup>(55)</sup> Jazz Moves II	18:00   Studio 1 <sup>(50)</sup> Step I	18:00   Studio 1 <sup>(60)</sup> IRON SYSTEM™	18:30   Studio 1 <sup>(55)</sup> ZUMBA®	18:30   Studio 1 <sup>(50)</sup> Easy Step
	18:00   Fläche <sup>(30)</sup> ⊙ Functional Training	18:00   Studio 2 <sup>(60)</sup> Pilates II	18:05   Studio 2 <sup>(50)</sup> Flexi Toning	18:10   Studio 2 <sup>(60)</sup> Pilates I-II		18:30   Studio 2 <sup>(50)</sup> Rücken Fit	18:00   Studio 2 <sup>(90)</sup> Hatha Yoga I
	18:50   Cyclingraum <sup>(60)</sup> Mixed Cycling	18:15   Cyclingraum <sup>(60)</sup> Mixed Cycling	18:00   Cyclingraum <sup>(60)</sup> Mixed Cycling	18:30   Cyclingraum <sup>(90)</sup> Adventure Cycling	18:15   Cyclingraum <sup>(50)</sup> Easy Cycling	18:00   Cyclingraum <sup>(60)</sup> Mixed Cycling	18:30   Cyclingraum <sup>(60)</sup> Mixed Cycling
	18:15   Pool <sup>(50)</sup> Aqua ZUMBA®	18:30   Outdoor <sup>(90)</sup> Lauftreff Fortg.	18:10   Pool <sup>(50)</sup> Aqua Mix				
19:00	19:00   Studio 1 <sup>(60)</sup> Step Dance II	19:00   Studio 1 <sup>(55)</sup> Dance Moves II	19:10   Studio 1 <sup>(60)</sup> IRON SYSTEM™	19:00   Studio 1 <sup>(60)</sup> IRON SYSTEM™	19:05   Studio 1 <sup>(30)</sup> Thai Bo intro		
	19:05   Studio 2 <sup>(50)</sup> Powerworkout	19:00   Studio 2 <sup>(60)</sup> bodyART™	19:05   Studio 2 <sup>(60)</sup> ⊙ Jukari-Fit to Fly™	19:15   Studio 2 <sup>(90)</sup> Jivamukti Yoga II	19:35   Studio 1 <sup>(50)</sup> Thai Bo		
		19:30   Cyclingraum <sup>(90)</sup> Adventure Cycling	19:30   Cyclingraum <sup>(90)</sup> Adventure Cycling		19:00   Studio 2 <sup>(90)</sup> Hatha Yoga II		
		19:00   Pool <sup>(50)</sup> Aqua Workout	19:10   Pool <sup>(50)</sup> Aqua Workout	19:00   Pool <sup>(50)</sup> Aqua Workout	19:15   Cyclingraum <sup>(60)</sup> Mixed Cycling		
	19:00   Fläche <sup>(20)</sup> Bauch Workout	19:00   Fläche <sup>(20)</sup> Bauch Workout	19:00   Fläche <sup>(20)</sup> Bauch Workout	19:00   Fläche <sup>(20)</sup> Bauch Workout	19:00   Fläche <sup>(20)</sup> Bauch Workout		
		19:30   Studio 3 <sup>(30)</sup> ⊙ Functional Training					
20:00	20:10   Studio 1 <sup>(60)</sup> IRON SYSTEM™	20:10   Studio 1 <sup>(60)</sup> IRON SYSTEM™	20:15   Studio 1 <sup>(60)</sup> bodyART™	20:10   Studio 1 <sup>(90)</sup> Kick Box Exercises	20:25   Studio 1 <sup>(50)</sup> Speeddumbell		
	20:05   Studio 2 <sup>(50)</sup> Rücken Fit	20:10   Studio 2 <sup>(60)</sup> Jukari-Fit to Fly™	20:10   Studio 2 <sup>(75)</sup> Workout Yoga	20:10   Cyclingraum <sup>(60)</sup> Mixed Cycling	20:30   Studio 2 <sup>(30)</sup> Meditation		
	20:00   Cyclingraum <sup>(90)</sup> Adventure Cycling	20:00   Pool <sup>(60)</sup> Schwimmtr. Fortg.		20:00   Pool <sup>(60)</sup> Schwimmtr. Beg.			
	20:00   Fläche <sup>(20)</sup> Stretch Pur	20:00   Fläche <sup>(20)</sup> Stretch Pur		20:30   Fläche <sup>(30)</sup> ⊙ Functional Training			
21:00	21:00   Studio 2 <sup>(75)</sup> Yoga Beginner						

Easy/Intro/Beginner = Einsteiger | I = Mittelstufe | II = Fortgeschritten | ⊙ Kurs ist teilnehmerbegrenzt | € Kids Kurse sind entgeltlich (finden in Ferien nicht statt!)

Die Kurse finden ab drei Teilnehmern statt!

IRON SYSTEM™ - Levelverteilung ist im Internet zu finden!