



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00	07:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	07:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™		07:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	07:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™		
09:00	09:15 Studio 1 ⁽⁶⁰⁾ Pilates I-II	09:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 09:30 Fläche ⁽³⁰⁾ ☉ Functional Training	09:00 Studio 1 ⁽⁵⁵⁾ Fatburner	09:00 Studio 1 ⁽⁶⁰⁾ Pilates II	09:30 Studio 1 ⁽⁵⁰⁾ Bodystyling 09:30 Studio 2 ⁽⁷⁵⁾ Workout Yoga	09:30 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 09:30 Studio 2 ⁽⁹⁰⁾ Vinyasa Yoga	
10:00	10:20 Studio 1 ⁽⁵⁰⁾ Flexi Toning 10:00 Studio 2 ⁽⁵⁰⁾ Rücken Fit	10:00 Studio 2 ⁽⁹⁰⁾ Vinyasa Yoga 10:15 Pool ⁽⁵⁰⁾ Aqua Mix	10:00 Studio 1 ⁽⁵⁰⁾ Bodystyling 10:00 Studio 2 ⁽⁹⁰⁾ PhysioFlowYoga	10:05 Studio 1 ⁽⁵⁰⁾ BBRP 10:10 Pool ⁽⁵⁰⁾ Aqua Workout	10:30 Studio 1 ⁽⁵⁵⁾ Step Dance II 10:50 Studio 2 ⁽⁹⁰⁾ Jivamukti Yoga I	10:45 Studio 1 ⁽⁵⁰⁾ Step I 10:45 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling 10:00 Pool ⁽⁵⁰⁾ Aqua Workout	10:00 Studio 1 ⁽⁶⁰⁾ X-Co & Flexi 10:45 Pool ⁽⁶⁰⁾ Schwimmtraining
11:00	11:15 Studio 1 ⁽⁶⁰⁾ Step II 11:00 Pool ⁽⁶⁰⁾ Aqua Workout		11:05 Pool ⁽⁵⁰⁾ Aqua Mix	11:00 Studio 1 ⁽⁶⁰⁾ Step I-II	11:30 Studio 1 ⁽³⁰⁾ Stretch	11:45 Studio 1 ⁽⁵⁰⁾ Flexi Toning 11:00 Pool ⁽⁵⁰⁾ Aqua Aerobic	11:05 Studio 1 ⁽⁵⁵⁾ Fatburner 11:00 Studio 2 ⁽⁵⁰⁾ € Energy Kids (3-6 J.)
12:00	12:00 Fläche ⁽²⁰⁾ Bauch + Rücken 12:30 Fläche ⁽³⁰⁾ ☉ Functional Training		12:00 Fläche ⁽²⁰⁾ Bauch + Rücken		12:00 Fläche ⁽²⁰⁾ Bauch + Rücken	12:45 Studio 1 ⁽⁵⁰⁾ Easy Step* 12:00 Fläche ⁽²⁰⁾ Bauch + Rücken	12:10 Studio 1 ⁽⁶⁰⁾ Pilates I-II 12:00 Fläche ⁽²⁰⁾ Bauch + Rücken
13:00							13:30 Pool ⁽⁵⁰⁾ Aqua Workout
15:00						15:30 Studio 1 ⁽⁶⁰⁾ Step I-II*	
16:00						16:35 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™	
17:00		17:00 Studio 1 ⁽⁶⁰⁾ Wirbelsäule 17:00 Studio 2 ⁽⁵⁰⁾ € Zumbatomic® (ab 4 J.)	17:50 Studio 1 ⁽⁶⁰⁾ X-Co & Flexi		17:00 Studio 1 ⁽⁶⁰⁾ Pilates		17:00 Studio 1 ⁽⁶⁰⁾ ZUMBA® 17:30 Fläche ⁽²⁰⁾ Bauch + Rücken
18:00	18:00 Studio 1 ⁽⁵⁰⁾ Flexi Toning	18:05 Studio 1 ⁽⁶⁰⁾ X-Co & Flexi 18:05 Studio 2 ⁽⁶⁰⁾ Dance Moves 18:00 Pool ⁽⁵⁰⁾ Aqua ZUMBA®	18:00 Cyclingraum ⁽⁵⁰⁾ Easy Cycling	18:00 Studio 1 ⁽⁵⁰⁾ Rücken Fit 18:00 Studio 2 ⁽⁵⁰⁾ Bodystyling 18:00 Fläche ⁽³⁰⁾ ☉ Functional Training	18:05 Studio 1 ⁽⁵⁰⁾ Bodystyling 18:00 Studio 2 ⁽⁹⁰⁾ PhysioFlowYoga 18:00 Cyclingraum ⁽⁵⁰⁾ Easy Cycling		18:05 Studio 1 ⁽⁵⁰⁾ Bodystyling 18:00 Cyclingraum ⁽⁵⁰⁾ Easy Cycling
19:00	19:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 19:00 Studio 2 ⁽⁵⁵⁾ Aero Classic I 19:10 Cyclingraum ⁽⁵⁰⁾ Easy Cycling 19:00 Fläche ⁽²⁰⁾ Bauch + Rücken 19:00 Fläche ⁽⁶⁰⁾ ☉ Functional Training/Golf	19:10 Studio 1 ⁽⁵⁰⁾ Cardio Workout 19:10 Studio 2 ⁽⁶⁰⁾ Qi Gong 19:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling 19:00 Pool ⁽⁵⁰⁾ Aqua Workout 19:00 Fläche ⁽²⁰⁾ Bauch + Rücken	19:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 19:00 Studio 2 ⁽⁵⁰⁾ Pilates I 19:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling 19:00 Pool ⁽⁵⁰⁾ Aqua Mix 19:00 Fläche ⁽²⁰⁾ Bauch + Rücken	19:00 Studio 1 ⁽⁶⁰⁾ Step I-II 19:00 Studio 2 ⁽⁶⁰⁾ bodyART™ 19:00 Cyclingraum ⁽⁵⁰⁾ Easy Cycling 19:00 Fläche ⁽²⁰⁾ Bauch + Rücken	19:00 Studio 1 ⁽⁶⁰⁾ Rhythm Session I-II 19:35 Studio 2 ⁽³⁰⁾ Box Exercises Intro 19:00 Cyclingraum ⁽⁹⁰⁾ Adventure Cycling 19:00 Fläche ⁽²⁰⁾ Bauch + Rücken		19:00 Studio 1 ⁽⁶⁰⁾ bodyART™ 19:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling
20:00	20:05 Studio 1 ⁽⁵⁵⁾ Step Dance II 20:00 Studio 2 ⁽⁹⁰⁾ Vinyasa Yoga 20:05 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	20:05 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 20:10 Studio 2 ⁽³⁰⁾ Meditation 20:05 Cyclingraum ⁽⁹⁰⁾ Adventure Cycling 20:15 Pool ⁽⁶⁰⁾ Schwimmtraining	20:05 Studio 1 ⁽⁶⁰⁾ Thai Bo 20:00 Studio 2 ⁽⁹⁰⁾ PhysioFlowYoga	20:05 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 20:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling 20:10 Pool ⁽⁵⁰⁾ Aqua Mix	20:05 Studio 2 ⁽⁶⁰⁾ Box Exercises		
21:00	21:05 Studio 1 ⁽⁶⁰⁾ Rhythm Session		21:10 Studio 1 ⁽³⁰⁾ B + R intensiv				

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!

* An jedem ersten Samstag im Monat * Ab Februar 2012