



Workout Body + Mind Cycling Choreographie Functional Training Kids Aqua

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00		06:30 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling		06:30 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling			
07:00		07:45 Studio 2 ⁽⁷⁵⁾ Kundalini Yoga	07:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™				
08:00			08:00 Studio 2 ⁽⁶⁰⁾ Pilates I-II	08:30 Studio 1 ⁽⁵⁰⁾ Bodystyling	08:30 Studio 1 ⁽⁶⁰⁾ BBRP 08:30 Studio 2 ⁽⁹⁰⁾ Jivamukti Yoga II 08:00 Pool ⁽⁶⁰⁾ Schwimmtraining		
09:00	09:00 Studio 1 ⁽⁵⁰⁾ Bodystyling 09:00 Studio 2 ⁽⁶⁰⁾ Pilates II 09:00 Cyclingraum ⁽⁶⁰⁾ Easy Cycling	09:00 Studio 1 ⁽⁵⁰⁾ Cardio Workout 09:00 Studio 2 ⁽³⁰⁾ Qi Gong intro 09:30 Studio 2 ⁽⁶⁰⁾ Qi Gong	09:00 Studio 1 ⁽⁶⁰⁾ Step I-II 09:30 Studio 2 ⁽⁶⁰⁾ Wirbelsäule		09:30 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 09:30 Pool ⁽⁵⁰⁾ Aqua Mix		09:30 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 09:45 Studio 1 ⁽⁷⁵⁾ Bodystyling + Stretch
10:00	10:00 Studio 1 ⁽⁶⁰⁾ Flexi Rücken 10:05 Studio 2 ⁽⁷⁵⁾ Workout Yoga 10:10 Pool ⁽⁵⁰⁾ Aqua Workout	10:00 Studio 1 ⁽⁹⁰⁾ PhysioFlowYoga 10:40 Studio 2 ⁽⁶⁰⁾ Wirbelsäule 10:10 Pool ⁽⁵⁰⁾ Aqua Workout	10:05 Studio 1 ⁽⁵⁰⁾ Bodystyling 10:35 Studio 2 ⁽⁵⁰⁾ Flexi Toning 10:10 Pool ⁽⁵⁰⁾ Aqua Workout	10:05 Studio 1 ⁽⁶⁰⁾ Wirbelsäule 10:30 Studio 2 ⁽⁹⁰⁾ Jivamukti Yoga I-II 10:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	10:45 Studio 1 ⁽⁶⁰⁾ ⊙ Jukari-Fit to Fly™ 10:15 Studio 2 ⁽⁶⁰⁾ Wirbelsäule		10:30 Studio 1 ⁽³⁰⁾ B + R intensiv 10:00 Studio 2 ⁽⁹⁰⁾ PhysioFlowYoga 10:30 Pool ⁽³⁰⁾ Aqua Intro
11:00	11:05 Studio 1 ⁽⁵⁵⁾ ZUMBA®		11:10 Pool ⁽⁵⁰⁾ Aqua Aerobic			11:05 Studio 1 ⁽⁵⁵⁾ ZUMBA® 11:05 Studio 2 ⁽⁶⁰⁾ Wirbelsäule 11:15 Pool ⁽⁵⁰⁾ Aqua Mix	11:05 Studio 1 ⁽⁵⁰⁾ Easy Step 11:00 Pool ⁽⁵⁰⁾ Aqua Workout
12:00	12:05 Studio 1 ⁽⁶⁰⁾ ⊙ Jukari-Fit to Fly™ 12:30 Studio 2 ⁽⁶⁰⁾ Pilates I-II			12:30 Fläche ⁽³⁰⁾ ⊙ Functional Training		12:00 Fläche ⁽³⁰⁾ ⊙ Functional Training	12:00 Studio 1 ⁽⁵⁰⁾ BBRP
13:00					13:00 Studio 2 ⁽⁷⁵⁾ Yoga Beginner		
15:00	15:00 Studio 2 ⁽⁷⁵⁾ Wirbelsäule + Stretch	15:30 Studio 2 ⁽⁶⁰⁾ € Ballett for Kids (ab 6 J.)			15:15 Studio 1 ⁽⁷⁵⁾ Wirbelsäule + Stretch		
16:00		16:30 Fläche ⁽³⁰⁾ ⊙ Functional Training 16:35 Studio 2 ⁽⁴⁵⁾ € Kindertanz (ab 4 J.)	16:30 Fläche ⁽³⁰⁾ ⊙ Functional Training	16:45 Studio 1 ⁽⁶⁰⁾ ⊙ Jukari-Fit to Fly™	16:00 Pool ⁽⁵⁰⁾ Aqua Mix		
17:00	17:00 Studio 1 ⁽⁵⁰⁾ Easy Step 17:30 Studio 2 ⁽³⁰⁾ Pilates Intro	17:00 Studio 1 ⁽⁵⁰⁾ Bodystyling	17:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 17:30 Studio 2 ⁽⁹⁰⁾ PhysioFlowYoga 17:30 Cyclingraum ⁽⁵⁰⁾ Easy Cycling	17:50 Studio 1 ⁽⁵⁰⁾ Bodystyling 17:45 Studio 2 ⁽⁶⁰⁾ bodyART™	17:05 Studio 1 ⁽⁵⁰⁾ BBRP 17:45 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	17:00 Studio 1 ⁽⁶⁰⁾ Step Dance II 17:30 Studio 2 ⁽⁷⁵⁾ Yoga Beginner	17:00 Studio 1 ⁽⁵⁰⁾ Bodystyling 17:00 Studio 2 ⁽⁵⁰⁾ Pilates I 17:00 Cyclingraum ⁽⁵⁰⁾ Easy Cycling
18:00	18:00 Studio 1 ⁽⁶⁰⁾ Step II 18:00 Studio 2 ⁽⁶⁰⁾ Pilates II 18:45 Cyclingraum ⁽⁵⁰⁾ Easy Cycling 18:30 Pool ⁽³⁰⁾ Aqua Intro 18:35 Fläche ⁽²⁰⁾ Bauch Workout	18:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 18:00 Studio 2 ⁽⁶⁰⁾ bodyART™ 18:15 Cyclingraum ⁽⁵⁰⁾ Easy Cycling 18:35 Fläche ⁽²⁰⁾ Bauch Workout	18:05 Studio 1 ⁽⁵⁰⁾ Step I 18:30 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	18:45 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 18:50 Studio 2 ⁽⁶⁰⁾ Pilates I-II 18:50 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling 18:30 Pool ⁽⁵⁰⁾ Aqua ZUMBA®	18:00 Studio 1 ⁽⁵⁵⁾ ZUMBA® 18:00 Studio 2 ⁽⁹⁰⁾ Jivamukti Yoga I	18:05 Studio 1 ⁽⁵⁰⁾ Bodystyling 18:45 Studio 2 ⁽⁹⁰⁾ Jivamukti Yoga	18:00 Studio 1 ⁽⁷⁵⁾ Workout Yoga 18:00 Studio 2 ⁽⁶⁰⁾ Wirbelsäule 18:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling
19:00	19:05 Studio 1 ⁽⁵⁰⁾ BBRP 19:00 Studio 2 ⁽⁶⁰⁾ Wirbelsäule 19:45 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling 19:00 Pool ⁽⁵⁰⁾ Aqua Workout	19:05 Studio 1 ⁽⁵⁰⁾ BBRP 19:00 Studio 2 ⁽⁷⁵⁾ Yoga Beginner 19:15 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	19:00 Studio 1 ⁽⁶⁰⁾ Thai Bo 19:05 Studio 2 ⁽⁶⁰⁾ Pilates I-II 19:10 Pool ⁽⁵⁰⁾ Aqua Workout	19:55 Studio 1 ⁽⁶⁰⁾ Step II 19:30 Pool ⁽⁶⁰⁾ Schwimmtraining	19:00 Studio 1 ⁽⁷⁵⁾ Bodystyling + Stretch		19:15 Studio 2 ⁽³⁰⁾ Meditation
20:00	20:05 Studio 1 ⁽⁵⁵⁾ Dance Moves II 20:05 Studio 2 ⁽⁹⁰⁾ PhysioFlowYoga 20:05 Fläche ⁽²⁰⁾ Bauch Workout	20:00 Studio 1 ⁽⁹⁰⁾ Kick Box Exercises 20:15 Studio 2 ⁽⁹⁰⁾ Jivamukti Yoga II-III 20:05 Fläche ⁽²⁰⁾ Bauch Workout	20:05 Studio 1 ⁽⁶⁰⁾ ⊙ Jukari-Fit to Fly™ 20:05 Studio 2 ⁽⁹⁰⁾ PhysioFlowYoga 20:05 Fläche ⁽²⁰⁾ Bauch Workout	20:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling 20:00 Studio 2 ⁽⁶⁰⁾ Wirbelsäule 20:05 Fläche ⁽²⁰⁾ Bauch Workout			
21:00	21:05 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™			20:05 Studio 1 ⁽⁶⁰⁾ Powerfit			

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!

■ Monatsspecial (siehe Aushang!)

IRON SYSTEM™ - Levelverteilung ist im Internet zu finden!