



Workout Body + Mind Cycling Choreographie Functional Training Kids Aqua

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00	7:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™	7:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™		7:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™			
08:00		8:10 Cyclingraum ⁽⁵⁰⁾ Easy Cycling		8:05 Studio 1 ⁽⁶⁰⁾ Pilates I-II 8:00 Pool ⁽⁶⁰⁾ Schwimmtraining	8:00 Cyclingraum ⁽⁵⁰⁾ Easy Cycling 8:30 Studio 2 ⁽⁹⁰⁾ Jivamukti Yoga I-II		
09:00	9:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 9:00 Studio 2 ⁽⁶⁰⁾ Pilates I-II	9:00 Studio 1 ⁽⁶⁰⁾ Step Intervall 9:00 Studio 2 ⁽⁹⁰⁾ Kundalini Yoga	9:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 9:00 Studio 2 ⁽⁶⁰⁾ Qi Gong 9:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	9:10 Studio 1 ⁽⁵⁰⁾ Flexi Toning 9:00 Studio 2 ⁽⁷⁵⁾ Workout Yoga 9:30 Pool ⁽⁵⁰⁾ Aqua Workout	9:00 Studio 1 ⁽⁶⁰⁾ Flexi Rücken 9:00 Pool ⁽⁵⁰⁾ Aqua Mix	9:30 Studio 1 ⁽⁵⁰⁾ BBRP 9:30 Pool ⁽⁵⁰⁾ Aqua Mix	9:30 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™
10:00	10:10 Studio 1 ⁽⁵⁰⁾ Step I 10:10 Studio 2 ⁽⁵⁰⁾ Bodystyling 10:10 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	10:05 Studio 1 ⁽⁵⁰⁾ Flexi Toning 10:35 Studio 2 ⁽⁶⁰⁾ Pilates I-II 10:05 Studio 3 ⁽³⁰⁾ ☺ Functional Training	10:10 Studio 1 ⁽⁵⁰⁾ Easy Step 10:00 Studio 2 ⁽³⁰⁾ Atem + Entspannung 10:10 Pool ⁽⁵⁰⁾ Aqua Mix 10:05 Fläche ⁽³⁰⁾ ☺ Functional Training	10:05 Studio 1 ⁽⁵⁰⁾ BBRP 10:20 Studio 2 ⁽⁶⁰⁾ Wirbelsäule	10:05 Studio 1 ⁽⁵⁰⁾ Bodystyling 10:15 Studio 2 ⁽⁶⁰⁾ Wirbelsäule 10:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	10:25 Studio 1 ⁽⁶⁰⁾ Aero Classic I 10:35 Studio 2 ⁽⁶⁰⁾ Pilates I-II 10:00 Cyclingraum ⁽⁵⁰⁾ Easy Cycling	10:40 Studio 1 ⁽⁶⁰⁾ Ski Fit 10:45 Studio 2 ⁽⁵⁰⁾ Rücken Fit 10:30 Pool ⁽⁵⁰⁾ Aqua Workout 10:05 Fläche ⁽²⁰⁾ Bauch + Rücken
11:00	11:05 Studio 1 ⁽⁶⁰⁾ Wirbelsäule 11:00 Pool ⁽⁵⁰⁾ Aqua Workout	11:00 Pool ⁽⁵⁰⁾ Aqua ZUMBA®	11:15 Fläche ⁽²⁰⁾ Bauch + Rücken	11:00 Studio 1 ⁽⁵⁵⁾ ZUMBA®	11:10 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™	11:30 Studio 1 ⁽⁵⁰⁾ Bodystyling 11:00 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	11:45 Studio 1 ⁽⁷⁵⁾ Bodystyling + Stretch 11:30 Pool ⁽⁵⁰⁾ Aqua Aerobic 11:45 Studio 2 ⁽⁴⁵⁾ € Energy Kids (4-7 J.) 11:50 Cyclingraum ⁽⁹⁰⁾ Adventure Cycling
13:00	13:00 Studio 2 ⁽⁵⁰⁾ Pilates I			13:00 Studio 2 ⁽⁷⁵⁾ Yoga Beginner			
14:00	14:00 Pool ⁽⁵⁰⁾ Aqua Workout	14:30 Studio 2 ⁽⁴⁵⁾ € Kindertanz (ab 3 J.)					
15:00		15:20 Studio 2 ⁽⁴⁵⁾ € Ballett for Kids (ab 5 J.)	15:00 Studio 2 ⁽⁷⁵⁾ Workout Yoga	15:30 Studio 1 ⁽⁷⁵⁾ Bodystyling + Stretch			
16:00		16:05 Studio 2 ⁽⁵⁰⁾ € Hip Hop Teens (12-16 J.)			16:00 Studio 1 ⁽⁶⁰⁾ Pilates I-II	16:00 Studio 2 ⁽⁶⁰⁾ Qi Gong 16:30 Pool ⁽⁵⁰⁾ Aqua Mix	16:05 Fläche ⁽³⁰⁾ ☺ Functional Training 16:30 Studio 1 ⁽⁵⁰⁾ BBRP
17:00	17:00 Studio 1 ⁽⁵⁵⁾ Jazz Moves I-II 17:30 Fläche ⁽²⁰⁾ Bauch + Rücken	17:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 17:00 Studio 2 ⁽⁶⁰⁾ bodyART™ 17:50 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	17:00 Studio 1 ⁽⁵⁰⁾ Bodystyling 17:00 Studio 2 ⁽⁵⁰⁾ Pilates I	17:00 Studio 1 ⁽⁵⁰⁾ Easy Step 17:50 Studio 2 ⁽⁶⁰⁾ Pilates II	17:05 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 17:00 Pool ⁽⁵⁰⁾ Aqua Mix	17:35 Studio 1 ⁽⁶⁰⁾ Ski Fit 17:00 Studio 2 ⁽³⁰⁾ Meditation 17:35 Studio 2 ⁽⁶⁰⁾ Pilates II	17:30 Studio 1 ⁽⁵⁵⁾ ZUMBA® 17:00 Studio 2 ⁽⁵⁰⁾ Flexi Toning
18:00	18:00 Studio 1 ⁽³⁰⁾ Thai Bo Intro 18:30 Studio 1 ⁽⁵⁰⁾ Thai Bo 18:05 Studio 2 ⁽⁶⁰⁾ Pilates I-II 18:15 Cyclingraum ⁽⁵⁰⁾ Easy Cycling 18:30 Pool ⁽⁵⁰⁾ Aqua Workout	18:05 Studio 1 ⁽⁵⁵⁾ Dance Moves I-II 18:10 Studio 2 ⁽⁹⁰⁾ Hatha Yoga 18:00 Pool ⁽⁵⁰⁾ Aqua Easy	18:00 Studio 1 ⁽⁶⁰⁾ Step I-II 18:00 Studio 2 ⁽⁶⁰⁾ Wirbelsäule 18:30 Cyclingraum ⁽⁵⁰⁾ Easy Cycling	18:00 Studio 1 ⁽³⁰⁾ Thai Bo Intro 18:30 Studio 1 ⁽⁵⁰⁾ Thai Bo 18:05 Fläche ⁽²⁰⁾ Bauch + Rücken	18:10 Studio 1 ⁽⁵⁰⁾ Rücken Fit 18:00 Studio 2 ⁽⁹⁰⁾ Tai Chi 18:15 Cyclingraum ⁽⁵⁰⁾ Easy Cycling 18:05 Fläche ⁽³⁰⁾ ☺ Functional Training		18:30 Studio 1 ⁽⁵⁵⁾ Dance Moves I-II 18:00 Studio 2 ⁽⁹⁰⁾ Hatha Yoga I-II 18:00 Cyclingraum ⁽⁹⁰⁾ Adventure Cycling
19:00	19:30 Studio 1 ⁽⁶⁰⁾ Dantao II 19:15 Studio 2 ⁽⁵⁰⁾ Rücken Fit 19:15 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling 19:30 Studio 3 ⁽³⁰⁾ ☺ Functional Training 19:05 Fläche ⁽²⁰⁾ Bauch + Rücken	19:05 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 19:45 Studio 2 ⁽⁶⁰⁾ Pilates II 19:00 Pool ⁽⁵⁰⁾ Aqua Workout 19:00 Cyclingraum ⁽⁹⁰⁾ Adventure Cycling	19:05 Studio 1 ⁽⁵⁰⁾ Easy Step 19:05 Studio 2 ⁽⁷⁵⁾ Yoga Beginner 19:10 Pool ⁽⁵⁰⁾ Aqua Workout 19:30 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling 19:00 Fläche ⁽⁶⁰⁾ ☺ Functional Training/Golf	19:30 Studio 1 ⁽⁵⁵⁾ ZUMBA® 19:00 Studio 2 ⁽⁹⁰⁾ Vinyasa Yoga I-II 19:30 Pool ⁽⁵⁰⁾ Aqua Mix 19:15 Cyclingraum ⁽⁹⁰⁾ Adventure Cycling	19:00 Studio 1 ⁽⁶⁰⁾ Step II 19:30 Studio 2 ⁽³⁰⁾ Meditation 19:15 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling		19:30 Studio 2 ⁽³⁰⁾ Meditation
20:00	20:35 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 20:10 Studio 2 ⁽⁷⁵⁾ Workout Yoga 20:00 Pool ⁽⁶⁰⁾ Schwimmtraining	20:10 Studio 1 ⁽⁶⁰⁾ Box Exercises 20:30 Fläche ⁽³⁰⁾ ☺ Functional Training	20:05 Studio 1 ⁽⁵⁰⁾ Bodystyling 20:25 Studio 2 ⁽⁷⁵⁾ Jivamukti Yoga II 20:05 Fläche ⁽²⁰⁾ Bauch + Rücken	20:30 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™ 20:45 Fläche ⁽²⁰⁾ Bauch + Rücken	20:05 Studio 1 ⁽⁵⁰⁾ Bodystyling		
21:00		21:10 Studio 1 ⁽³⁰⁾ B + R intensiv		21:30 Studio 1 ⁽³⁰⁾ Stretch			

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!