







KURSPLAN

(GÜLTIG AB 01.06.23)

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 - 08:45 AQUA-FIT	08:00 - 08:45 AQUA-FIT	08:00 - 08:45 AQUA-FIT		08:00 - 08:45 AQUA-FIT		08:00 - 08:45 AQUA-FIT
09:00 - 09:45 AQUA-FIT	09:00 - 09:45 AQUA-FIT	09:00 - 09:45 AQUA-FIT	09:00 - 09:45 AQUA-FIT	09:00 - 09:45 AQUA-FIT	09:00 - 09:45 AQUA-FIT	09:00 - 09:45 AQUA-FIT
09:00 - 10:00 RÜCKEN FIT	09:00 - 10:00 TROMMEL FIT	09:00 - 10:00 TRAMPOLIN-FIT	09:00 - 10:00 TRX	09:00 - 10:00 PILATES	09:00 - 10:30 YOGA	10:00 - 11:00 CYCLING
10:00 - 11:30 YOGA	10:00 - 11:00 RÜCKEN FIT	10:00 - 11:00 LANGHANTEL	10:00 - 11:00 BOP	10:00 - 11:00 CYCLING EINSTEIGER	10:30 - 11:30 TRAMPOLIN-FIT	11:15 - 12:45 YOGA
	11:00 - 12:00 YOGA	11:00 - 12:00 PILATES	11:00 - 12:00 RÜCKEN FIT	11:00 - 12:00 BODYMIX		
16:00 - 17:00 MED.GYM						17:00 - 18:30 QUÄLERKURS (ALLE 14 TAGE)
17:00 - 18:00 BODY-STYLING	17:00 - 18:00 RÜCKEN FIT			17:00 - 18:00 YOGA BASIC		
18:00 - 19:00 RÜCKEN-FIT	18:00 - 19:00 BODY-STYLING	17:30 - 18:30 FITNESS BOXEN	17:30 - 18:30 BODY-STYLING	18:00 - 19:00 LANGHANTEL		
19:00 - 20:00 TRAMPOLIN-FIT	19:00 - 20:00 CYCLING	18:30 - 19:30 BOP	18:45 - 19:45 CYCLING			
20:00 - 21:00 TRX	19:00 - 20:00 IRON QUBE FUNCTIONAL TRAINING	19:30 - 20:30 PILATES	19:00 - 20:00 IRON QUBE FUNCTIONAL TRAINING			
	20:00 - 21:00 TRX					

LEGENDE

-  AQUAKURS (IN BADEBEKLEIDUNG)
-  AUSDAUERKURSE
-  KRÄFTIGUNGSKURS
-  KÖRPER & GEIST
-  FLÄCHENKURS
-  POWER PLATE KURS IN DER PLATE AREA

EIN KURS FINDET ERST AB 3 MITGLIEDERN STATT
ÄNDERUNGEN VORBEHALTEN