

Ferien-Kursplan für den Zeitraum 27.06.2022 bis 07.08.2022

MONTAG 7.30 - 22.00	DIENSTAG 6.30 - 22.00	MITTWOCH 6.30 - 22.00	DONNERSTAG 6.30 - 22.00	FREITAG 7.30 - 22.00	SAMSTAG 7.30 - 20.00	SONNTAG 7.30 - 20.00
9.00 - 9.45 RÜCKEN FITNESS	9.00 - 9.45 SANFTES EINSTEIGER- TRAINING	9.00 - 9.45 RÜCKEN FITNESS	9.00 - 10.00 FASZIEN PILATES	9.00 - 9.45 SANFTES EINSTEIGER- TRAINING	9.15 - 10.15 IYENGAR YOGA	9.00 - 10.00 RÜCKEN FITNESS & RELAX
10.00 - 11.00 PILATES	10.15 - 11.15 BODYSTYLING & POWER BAUCH	10.00 - 11.00 AYURVEDA RÜCKENYOGA	10.15 - 11.15 BODYSTYLING & POWER BAUCH	9.15 - 10.15 BOX WORKOUT	10.30 - 11.15 RÜCKEN FITNESS	9.30 - 10.30 CYCLING
11.30 - 12.30 BODYSTYLING & POWER BAUCH		10.15 - 11.15 BOP WORKOUT MIT STEP	10.15 - 11.15 ZUMBA	9.00 - 9.45 QUEENAX 9.45 - 10.00 BAUCH	11.30 - 12.30 BODYSTYLING & POWER BAUCH	10.00 - 11.00 PUMP TRAINING
		11.30 - 12.30 YOGAFIT	11.30 - 12.30 OUTDOOR FERIEEN SPECIAL „CORE“	10.15 - 11.15 CYCLING	12.45 - 13.45 BOP WORKOUT & MIT STEP	10.00 - 11.00 STYLINGBALL & BEACH BODY
				10.30 - 11.30 BODYSTYLING & BEACH BODY		10.15 - 11.00 PILATES
16.30 - 17.30 CYCLING	16.30 - 17.30 CYCLING	17.00 - 18.00 BODYSTYLING & POWER BAUCH				11.15 - 11.30 BAUCH
16.45 - 17.45 RÜCKEN FITNESS	16.45 - 17.45 YOGAFIT	18.00 - 19.00 OUTDOOR FERIEEN SPECIAL „HIIT & RUN“		16.30 - 17.30 CYCLING		11.15 - 12.15 BODYSTYLING & POWER BAUCH
18.00 - 19.00 BOX WORKOUT	18.00 - 19.00 RÜCKEN FITNESS	18.15 - 19.00 SH'BAM	16.30 - 17.30 CYCLING	16.45 - 17.45 BOP WORKOUT MIT STEP		11.15 - 12.15 OUTDOOR FERIEEN SPECIAL „CORE“
18.00 - 19.00 BODYSTYLING & POWER BAUCH	18.00 - 19.00 PUMP TRAINING	18.15 - 19.00 HIT-CHALLENGE	17.00 - 18.00 PILATES	17.30 - 18.15 SH'BAM		11.30 - 12.15 SH'BAM
18.45 - 19.45 CYCLING	18.30 - 19.15 QUEENAX 19.15 - 19.30 BAUCH	18.15 - 19.15 CYCLING	18.15 - 19.15 BODYSTYLING & POWER BAUCH	18.15 - 19.15 PUMP TRAINING		12.00 - 13.00 CYCLING
19.15 - 20.15 SWEAT CIRCUIT • CARDIO • HIT • STRENGTH • FUNCTIONAL	19.15 - 20.15 PILATES 19.15 - 20.15 STYLINGBALL & BEACH BODY	19.00 - 19.15 FUNCTIONAL STRETCH 19.30 - 20.30 YOGAFIT	18.30 - 19.30 CYCLING 19.30 - 20.30 RÜCKEN FITNESS	18.30 - 19.30 OUTDOOR FERIEEN SPECIAL „ZUMBA“ 18.15 - 19.15 YOGAFIT		12.45 - 13.45 YOGAFIT 13.30 - 14.30 BODYSTYLING & POWER BAUCH
		INFO-SERVICE 0234 - 588 570 <i>Zeit für mich.</i>		19.30 - 20.45 AYURVEDA RÜCKENYOGA		
RACKET BEREICH	19.30 - 21.00 BADMINTON AKTIV	Anmeldung vorab an der Rezeption.	18.00 - 19.30 NEWCOMER BADMINTON E	18.00 - 19.30 NEWCOMER BADMINTON E	14.15 - 16.15 RACKET MIX BADMINTON + SQUASH	Die Racket Aktivitäten sind in der Club Card enthalten.

- DANCE-STUDIO
- GYMNASTIK-STUDIO
- STUDIO 3
- CYCLING-RAUM
- TRAININGS-FLÄCHE