Kursplan ab 15.01.2024

MONTAG 7.00 - 22.00	DIENSTAG 7.00 - 22.00	MITTWOCH 7.00 - 22.00	DONNERSTAG 7.00 - 22.00	FREITAG 7.00 - 22.00	SAMSTAG 7.30 - 20.00	SONNTAG 7.30 - 20.00
8.00 - 8.40 AQUA FITNESS	9.00 - 9.45 SANFTES EINSTEIGER-TRAINING	8.00 - 8.40 AQUA BOXING	9.00 - 10.00 FASZIEN PILATES	8.00 - 8.40 AQUA FITNESS	9.10 - 9.50 AQUA FITNESS	9.00 - 9.40 AQUA FITNESS
8.30 - 9.15 RÜCKEN FITNESS	9.10 - 9.50 AQUA FITNESS	8.30 - 9.15 RÜCKEN FITNESS	9.10 - 9.50 AQUA FITNESS	9.00 - 10.00 SANFTES EINSTEIGER-TRAINING & STRETCH	9.15 - 10.15 IYENGAR YOGA	9.00 - 9.55 RÜCKEN FITNESS & RELAX
9.10 - 9.50 AQUA FITNESS	10.00 - 11.00 BODYSTYLING & ZUMBA STYLE	9.10 - 9.50 AQUA FITNESS	10.10 - 10.50 AQUA FITNESS	9.00 - 9.45 QUEENAX 9.45 - 10.00 BAUCH	10.10 - 10.50 AQUA FITNESS	9.30 - 10.30 CYCLING
9.30 - 10.15 RÜCKEN FITNESS	10.10 - 10.50 AQUA FITNESS	9.30 - 10.15 RÜCKEN FITNESS	10.15 - 11.15 BODYSTYLING & POWER BAUCH	9.10 - 9.50 AQUA FITNESS	10.30 - 11.15 RÜCKEN FITNESS	10.00 - 11.00 STYLINGBALL & BEACH BODY
10.20 - 11.00 AQUA BOXING	11.10 - 11.50 AQUA BOXING	10.15 - 11.15 (H) BOP WORKOUT MIT STEP (ohne Choreo)		9.15 - 10.15 (H) BOX WORKOUT	11.30 - 12.30 BODYSTYLING & POWER BAUCH	10.00 - 11.00 PUMP TRAINING
10.30 - 11.15 FIT FOR LIFE DANCE	11.15 - 12.15 CHOREO DANCE	10.20 - 11.00 AQUA FITNESS		10.20 - 11.00 AQUA FITNESS	11.00 - 12.00 SPECIAL: FIT IN DEN FRÜHLING Ab 20.01 bis 23.03.2024 im S3	10.20 - 11.00 AQUA FITNESS
10.30 - 11.30 PILATES		10.30 - 11.30 SANFTES RÜCKENYOGA		10.30 - 11.30 CYCLING		11.00 - 11.15 BAUCH
11.20 - 12.00 AQUA FITNESS		11.20 - 12.00 AQUA FITNESS		10.30 - 11.30 BODYSTYLING & BEACH BODY	13.30 - 14.30 SPECIAL: HIGH HILL CYCLING Ab 20.01 bis 23.03.2024	11.15 - 12.00 (H) GANZKÖRPER TRAINING
11.30 - 12.30 BODYSTYLING & POWER BAUCH		11.45 - 12.45 YOGAFIT		11.40 - 12.20 AQUA FITNESS		11.20 - 12.00 AQUA FITNESS
						11.15 - 12.15 BODYSTYLING & POWER BAUCH
16.00 - 16.40 AQUA FITNESS	16.45 - 17.45 YOGAFIT	16.30 - 17.30 CYCLING	17.00 - 18.00 PILATES	16.00 - 16.40 AQUA BOXING		11.30 - 12.15 PILATES
16.30 - 17.30 CYCLING	17.00 - 17.40 AQUA FITNESS	17.00 - 17.40 AQUA FITNESS	17.30 - 18.30 CYCLING	16.30 - 17.30 CYCLING		12.15 - 13.00 SH'BAM
16.45 - 17.45 RÜCKEN FITNESS	17.30 - 18.30 CYCLING	17.00 - 17.45 QUEENAX 17.45 - 18.00 BAUCH	18.15 - 19.15 (H) GANZKÖRPER-. TRAINING & STRETCH	17.00 - 17.40 AQUA FITNESS		12.20 - 13.00 AQUA FITNESS
17.00 - 17.40 AQUA FITNESS	17.45 - 18.45 PUMP TRAINING	17.15 - 18.15 BODYSTYLING & POWER BAUCH	18.15 - 19.15 BODYSTYLING & POWER BAUCH	17.00 - 17.45 (H) GANZKÖRPER-TRAINING		12.30 - 13.30 CYCLING
17.45 - 18.45 (H) BOX WORKOUT	18.00 - 19.00 RÜCKEN FITNESS	18.00 - 18.40 AQUA BOXING	18.20 - 19.00 AQUA FITNESS	18.00 - 18.45 LATIN DANCE		12.30 - 13.30 YOGAFIT
18.00 - 18.40 AQUA FITNESS	18.30 - 19.15 QUEENAX 19.15 - 19.30 BAUCH	18.00 - 18.45 SANFTES RÜCKENTRAINING	19.15 - 20.00 RÜCKEN FITNESS	18.00 - 19.00 PUMP TRAINING		12.30 - 13.30 BODYSTYLING & POWER BAUCH
18.00 - 19.00 BODYSTYLING & POWER BAUCH	19.00 - 20.00 STYLING INTERVALL MIT STEP (ohne Choreo)	18.00 - 19.00 CYCLING		18.00 - 19.00 YOGAFIT		13.45 - 14.45 EASY STEP
18.45 - 19.45 CYCLING	19.15 - 20.00 (H) GANZKÖRPER-TRAINING	18.15 - 19.00 SH'BAM		19.15 - 20.30 SANFTES RÜCKENYOGA		
19.00 - 20.00 (H) SWEAT CIRCUIT		18.45 - 19.45 EASY STEP				
19.15 - 20.15 SANFTES RÜCKENYOGA		19.00 - 20.00 YOGAFIT				
		INFO-SERVICE 0234 - 588 570 Zeit für mich.				
RACKET BEREICH	19.30 - 21.00 BADMINTON AKTIV	Anmeldung vorab an der Rezeption.	18.00 - 19.30 NEWCOMER BADMINTON	18.00 - 19.30 NEWCOMER BADMINTON	14.15 - 16.15 RACKET MIX BADMINTON + SQUASH	Die Racket Aktivitäten sind in der Club Card enthalten.

(H) HIGH INTENSIVE
DANCE-STUDIO (DS)
GYMNASTIK-STUDIO (GS)
STUDIO 3 (S3)
CYCLING-RAUM
TRAININGS-FLÄCHE