

Kursplan ab 07. April 2026

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	8.30 - 9.00 AQUA EXPRESS	7.30 - 8.00 AQUA EXPRESS	9.10 - 9.50 AQUA FITNESS	8.45 - 9.45 RÜCKEN FITNESS & RELAX
8.30 - 9.15 RÜCKEN FITNESS	10.00 - 11.00 BODYSTYLING & ZUMBA STYLE	8.30 - 9.15 RÜCKEN FITNESS	9.00 - 10.00 FASZIEN PILATES	8.20 - 9.00 AQUA FITNESS	9.15 - 10.15 IYENGAR YOGA	9.00 - 9.40 AQUA FITNESS
9.10 - 9.50 AQUA FITNESS	10.10 - 10.50 AQUA FITNESS	9.10 - 9.50 AQUA FITNESS	9.20 - 10.00 AQUA FITNESS	8.30 - 9.15 SANFTES EINSTEIGER- TRAINING	10.10 - 10.50 AQUA FITNESS	9.30 - 10.30 CYCLING
9.30 - 10.15 RÜCKEN FITNESS	11.10 - 11.50 AQUA FITNESS	9.30 - 10.15 RÜCKEN FITNESS	10.15 - 11.00 H BOSU ATHLETIC	9.00 - 9.45 QUEENAX 9.45 - 10.00 BAUCH	10.30 - 11.15 RÜCKEN FITNESS	10.00 - 11.00 PUMP TRAINING
10.20 - 11.00 AQUA FITNESS	11.15 - 12.15 CHOREO DANCE	10.15 - 11.15 H BOP WORKOUT MIT STEP (ohne Choreo)	10.15 - 11.15 BODYSTYLING & POWER BAUCH	9.15 - 10.15 H BOX WORKOUT	11.00 - 12.00 H FIT DURCHS JAHR MIT POWER BANDS	10.00 - 11.00 STYLINGBALL & BEACH BODY
10.30 - 11.30 PILATES		10.20 - 11.00 AQUA FITNESS		9.20 - 10.00 AQUA FITNESS	11.30 - 12.30 BODYSTYLING & POWER BAUCH	10.20 - 11.00 AQUA FITNESS
10.45 - 11.30 FIT FOR LIFE DANCE		10.30 - 11.30 SANFTES RÜCKENYOGA		9.30 - 10.15 SANFTES EINSTEIGER- TRAINING		11.00 - 11.15 BAUCH
11.20 - 12.00 AQUA FITNESS		11.20 - 12.00 AQUA FITNESS		10.20 - 11.00 AQUA FITNESS		11.15 - 12.15 BODYSTYLING & POWER BAUCH
11.45 - 12.45 BODYSTYLING & POWER BAUCH		11.45 - 12.45 YOGAFIT		10.30 - 11.30 CYCLING		11.15 - 12.15 SPECIAL: EASY STEP
				10.30 - 11.30 BODYSTYLING & BEACH BODY		Ab 12.04.2026 bis 17.05. im S3
16.00 - 16.40 AQUA FITNESS				11.40 - 12.20 AQUA FITNESS		11.20 - 12.00 AQUA FITNESS
16.30 - 17.30 CYCLING	16.45 - 17.45 YOGAFIT	17.00 - 17.45 SPECIAL: BOSU EINSTEIGER	17.00 - 18.00 PILATES			11.30 - 12.15 PILATES
16.45 - 17.30 H BOSU ATHLETIC	17.00 - 17.40 AQUA FITNESS	Ab 15.04.2026 bis 20.05. im S3	17.30 - 18.30 CYCLING	16.00 - 16.40 AQUA BOXING		12.20 - 13.00 AQUA FITNESS
16.45 - 17.45 RÜCKEN FITNESS	16.45 - 17.45 BODYSTYLING POWER BAUCH	17.00 - 17.40 AQUA FITNESS	18.00 - 19.00 BODYSTYLING & POWER BAUCH	17.00 - 17.40 AQUA FITNESS		12.30 - 13.30 CYCLING
17.00 - 17.30 AQUA EXPRESS	17.30 - 18.30 CYCLING	17.00 - 17.45 QUEENAX 17.45 - 18.00 BAUCH	18.20 - 19.00 AQUA FITNESS	17.00 - 18.00 CYCLING		12.30 - 13.30 YOGAFIT
17.45 - 18.45 H BOX WORKOUT	17.45 - 18.45 PUMP TRAINING	17.15 - 18.15 BODYSTYLING & POWER BAUCH	18.30 - 19.30 H GANZKÖRPER- TRAINING & STRETCH	17.00 - 18.00 H GANZKÖRPER- TRAINING MEETS PUMP		12.30 - 13.30 BODYSTYLING & POWER BAUCH
18.00 - 18.40 AQUA FITNESS	18.00 - 19.00 RÜCKEN FITNESS	18.00 - 18.40 AQUA BOXING	19.15 - 20.15 SPECIAL: DANCE FITNESS LATINO	18.00 - 19.00 YOGAFIT		
18.00 - 19.00 BODYSTYLING & POWER BAUCH	18.20 - 19.00 AQUA FITNESS	18.00 - 18.45 SANFTES RÜCKENTRAINING	Ab 16.04.2026 bis 21.05. im DS	18.15 - 19.15 LATIN DANCE		
18.00 - 19.00 PILATES EINSTEIGER	18.30 - 19.15 QUEENAX 19.15 - 19.30 BAUCH	18.00 - 19.00 CYCLING		19.15 - 20.30 SANFTES RÜCKENYOGA		
18.45 - 19.45 CYCLING	19.00 - 20.00 STYLING INTERVALL MIT STEP (ohne Choreo)	18.15 - 19.00 JUST DANCE				
19.00 - 20.00 H SWEAT CIRCUIT	19.15 - 20.00 H GANZKÖRPER- TRAINING	19.00 - 20.00 YOGA FÜR DEN BECKENBODEN				
19.15 - 20.15 SANFTES RÜCKENYOGA						
			INFO-SERVICE 0234 - 588 570 <i>Zeit für mich.</i>			
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)

MIND & BODY (MB)

STUDIO 3 (S3)

CYCLING-RAUM

TRAININGS-FLÄCHE