

Kursplan ab 08.04.2024

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	10.00 - 11.00 BODYSTYLING & ZUMBA STYLE	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	10.10 - 10.50 AQUA FITNESS	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	11.10 - 11.50 AQUA FITNESS	9.30 - 10.15 RÜCKEN FITNESS	10.15 - 11.00 SPECIAL: LEICHTES GANZKÖRPERTR. 11:00 - 11:30 STRETCH & RELAX Ab 25.04 bis 13.06.2024 im S3	9.10 - 9.50 AQUA FITNESS	10.30 - 11.15 RÜCKEN FITNESS	10.00 - 11.00 STYLINGBALL & BEACH BODY
9.30 - 10.15 SPECIAL: LEICHTES GANZKÖRPERTR. 10:15 - 10:45 STRETCH & RELAX Ab 22.04 bis 10.06.2024 im DS	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	11.30 - 12.30 BODYSTYLING & POWER BAUCH	10.00 - 11.00 PUMP TRAINING
10.20 - 11.00 AQUA BOXING		10.20 - 11.00 AQUA FITNESS		10.20 - 11.00 AQUA FITNESS	11.00 - 12.00 FIT IN DEN FRÜHLING	10.20 - 11.00 AQUA FITNESS
10.20 - 11.00 AQUA BOXING		10.30 - 11.15 SPECIAL: FIT FOR LIFE		10.30 - 11.30 CYCLING	13.30 - 14.30 SPECIAL: HIGH HILL CYCLING	11.00 - 11.15 BAUCH
10.30 - 11.15 FIT FOR LIFE DANCE		Ab 17.04 bis 05.06.2024 im S3		10.30 - 11.30 BODYSTYLING & BEACH BODY	Ab 20.01 bis 20.04.2024	11.15 - 12.00 H GANZKÖRPER TRAINING
10.30 - 11.30 PILATES		10.30 - 11.30 SANFTES RÜCKENYOGA		11.40 - 12.20 AQUA FITNESS		11.20 - 12.00 AQUA FITNESS
11.20 - 12.00 AQUA FITNESS		11.20 - 12.00 AQUA FITNESS				11.15 - 12.15 BODYSTYLING & POWER BAUCH
11.30 - 12.30 BODYSTYLING & POWER BAUCH	16.45 - 17.45 YOGAFIT	11.45 - 12.45 YOGAFIT	17.00 - 18.00 PILATES	16.00 - 16.40 AQUA BOXING		11.30 - 12.15 PILATES
11.45 - 12.45 SPECIAL: YOGAFIT VINYASA STYLE Ab 08.04 bis 27.05.2024 im GS	17.00 - 17.40 AQUA FITNESS	16.30 - 17.30 CYCLING	17.30 - 18.30 CYCLING	16.30 - 17.30 CYCLING		12.15 - 13.00 JUST DANCE
16.00 - 16.40 AQUA FITNESS	17.00 - 18.00 BODYSTYLING POWER BAUCH	16.45 - 17.45 SPECIAL: FIT IN DEN FRÜHLING	18.00 - 19.00 BODYSTYLING & POWER BAUCH	17.00 - 17.40 AQUA FITNESS		12.20 - 13.00 AQUA FITNESS
16.00 - 16.40 AQUA FITNESS	17.30 - 18.30 CYCLING	Ab 10.04 bis 29.05.2024 im S3	18.15 - 19.15 H GANZKÖRPER- TRAINING & STRETCH	17.00 - 17.45 H GANZKÖRPER- TRAINING		12.30 - 13.30 CYCLING
16.30 - 17.30 CYCLING	17.45 - 18.45 PUMP TRAINING	17.00 - 17.40 AQUA FITNESS	18.20 - 19.00 AQUA FITNESS	18.00 - 19.00 LATIN DANCE		12.30 - 13.30 YOGAFIT
16.45 - 17.30 JUST DANCE	18.00 - 19.00 RÜCKEN FITNESS	17.00 - 17.45 QUEENAX 17.45 - 18.00 BAUCH	19.15 - 20.00 RÜCKEN FITNESS	18.00 - 19.00 PUMP TRAINING		12.30 - 13.30 BODYSTYLING & POWER BAUCH
16.45 - 17.45 RÜCKEN FITNESS	18.20 - 19.00 AQUA FITNESS	17.15 - 18.15 BODYSTYLING & POWER BAUCH		18.00 - 19.00 YOGAFIT		13.45 - 14.45 EASY STEP
17.00 - 17.40 AQUA FITNESS	18.30 - 19.15 QUEENAX 19.15 - 19.30 BAUCH	18.00 - 18.40 AQUA BOXING		19.15 - 20.30 SANFTES RÜCKENYOGA		
17.45 - 18.45 H BOX WORKOUT	19.00 - 20.00 STYLING INTERVALL MIT STEP (ohne Choreo)	18.00 - 18.45 SANFTES RÜCKENTRAINING				
18.00 - 18.40 AQUA FITNESS	19.15 - 20.00 H GANZKÖRPER- TRAINING	18.00 - 19.00 CYCLING				
18.00 - 19.00 BODYSTYLING & POWER BAUCH		18.15 - 19.00 JUST DANCE				
18.45 - 19.45 CYCLING		18.45 - 19.45 EASY STEP				
19.00 - 20.00 H SWEAT CIRCUIT		19.00 - 20.00 YOGAFIT	INFO-SERVICE 0234 - 588 570 <i>Zeit für mich.</i>			
19.15 - 20.15 SANFTES RÜCKENYOGA	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