

# Kursplan für den Zeitraum 05.06.2022 bis 26.06.2022

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
	8.30 - 9.00 PACE		7.30 - 8.15 WAKE-UP YOGA			
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 ZUMBASTYLE	10.15 - 11.15 BOP WORKOUT MIT STEP	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	11.30 - 12.15 SH'BAM	10.00 - 11.00 AYURVEDA RÜCKENYOGA	10.15 - 11.15 ZUMBA	9.15 - 9.45 QUEENAX 9.45 - 10.00 BAUCH	11.15 - 12.15 BODYSTYLING & POWER BAUCH	10.00 - 11.00 PUMP TRAINING
		11.30 - 12.30 YOGAFIT	11.30 - 12.30 FASZIEN TRAINING	10.15 - 11.15 CYCLING	12.30 - 13.00 BEACH BODY	10.00 - 11.00 STYLINGBALL & BEACH BODY
				10.30 - 11.15 GANZKÖRPERTRAINING	13.15 - 14.15 BOP WORKOUT MIT STEP	10.15 - 11.00 PILATES
16.30 - 17.30 CYCLING	16.30 - 17.30 CYCLING		16.30 - 17.30 CYCLING	11.30 - 12.30 BODYSTYLING & POWER BAUCH		10.45 - 11.00 BAUCH 11.30 - 12.00 PACE 12.00 - 12.15 BAUCH
16.45 - 17.45 RÜCKEN FITNESS		17.00 - 18.00 BODYSTYLING & POWER BAUCH		16.30 - 17.30 CYCLING		11.15 - 12.15 BODYSTYLING & POWER BAUCH
17.45 - 18.45 BOX WORKOUT	16.45 - 17.45 YOGAFIT	18.15 - 19.00 SH'BAM	17.00 - 18.00 PILATES	16.45 - 17.45 BOP WORKOUT MIT STEP		11.30 - 12.30 BODYSTYLING & POWER BAUCH
18.00 - 19.00 BODYSTYLING & POWER BAUCH	18.00 - 19.00 RÜCKEN FITNESS	18.15 - 19.00 HIT-CHALLENGE	18.15 - 19.15 BODYSTYLING & POWER BAUCH	17.30 - 18.15 SH'BAM		11.30 - 12.15 SH'BAM
19.00 - 19.45 HIT-CHALLENGE	18.00 - 19.00 PUMP TRAINING	19.00 - 19.15 FUNCTIONAL STRETCH	18.15 - 19.15 SPECIAL DES MONATS STEP	18.15 - 19.15 PUMP TRAINING		12.00 - 13.00 CYCLING
18.45 - 19.45 CYCLING		18.15 - 19.15 CYCLING	18.30 - 19.30 CYCLING	18.30 - 19.30 ZUMBA		12.45 - 13.45 YOGAFIT
19.15 - 20.15 FASZIEN TRAINING	19.15 - 20.15 PILATES	19.30 - 20.30 YOGAFIT	19.30 - 20.30 RÜCKEN FITNESS	18.15 - 19.15 YOGAFIT		13.30 - 14.30 BODYSTYLING & POWER BAUCH
19.45 - 20.00 FUNCTIONAL STRETCH	19.15 - 20.15 STYLINGBALL & BEACH BODY	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	18.00 - 19.30 NEWCOMER BADMINTON	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

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