Kursplan ab 28.10.2024

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	7.15 - 8.15 SPECIAL: EARLY BIRD CYCLING Ab 31.10.2024 6 Wochen	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		9.00 - 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	9.00 - 10.00 FASZIEN PILATES	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	9.00 - 10.00 SPECIAL: ZUMBA GOLD Ab 31.10.2024 6 Wochen im S3	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	11.15 - 12.15 CHOREO DANCE	10.15 - 11.15 H BOP WORKOUT MIT STEP (ohne Choreo)		9.15 - 10.15 H BOX WORKOUT	11.00 - 12.00 H FIT DURCHS JAHR MIT POWER BANDS	10.00 - 11.00 PUMP TRAINING
10.30 - 11.15 FIT FOR LIFE DANCE		10.20 - 11.00 AQUA FITNESS	9.10 - 9.50 AQUA FITNESS	10.20 - 11.00 AQUA FITNESS	11.30 - 12.30 BODYSTYLING & POWER BAUCH	10.20 - 11.00 AQUA FITNESS
10.30 - 11.30 PILATES		10.30 - 11.30 SANFTES RÜCKENYOGA	10.10 - 10.50 AQUA FITNESS	10.30 - 11.30 CYCLING	12.30 - 13.30 SPECIAL: HIGH HILL CYCLING Ab 05.10.2024 12 Wochen	11.00 - 11.15 BAUCH
11.20 - 12.00 AQUA FITNESS		11.20 - 12.00 AQUA FITNESS	10.15 - 11.15 SPECIAL: SANFTES YOGA FÜR DEN BECKENBODEN Ab 31.10.2024 6 Wochen im GS	10.30 - 11.30 BODYSTYLING & BEACH BODY		11.15 - 12.15 BODYSTYLING & POWER BAUCH
11.30 - 12.30 BODYSTYLING & POWER BAUCH		11.45 - 12.45 YOGAFIT		11.40 - 12.20 AQUA FITNESS		11.15 - 12.15 SPECIAL: EASY STEP Ab 27.10.2024 6 Wochen im S3
11.45 - 12.45 SPECIAL: YIN YOGA EINSTEIGER Ab 04.11.2024 6 Wochen im GS			10.15 - 11.15 BODYSTYLING & POWER BAUCH			11.20 - 12.00 AQUA FITNESS
16.00 - 16.40 AQUA FITNESS	16.45 - 17.45 YOGAFIT	17.00 - 17.40 AQUA FITNESS	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 - 17.45 QUEENAX 17.45 - 18.00 BAUCH	17.30 - 18.30 CYCLING	16.30 - 17.30 CYCLING		12.20 - 13.00 AQUA FITNESS
16.45 - 17.45 RÜCKEN FITNESS	17.00 - 18.00 BODYSTYLING POWER BAUCH	17.15 - 18.15 BODYSTYLING & POWER BAUCH	18.00 - 19.00 BODYSTYLING & POWER BAUCH	17.00 - 17.40 AQUA FITNESS		12.30 - 13.30 CYCLING
17.00 - 17.40 AQUA FITNESS	17.30 - 18.30 CYCLING	18.00 - 18.40 AQUA BOXING	18.15 - 19.15 H GANZKÖRPER-. TRAINING & STRETCH	17.00 - 17.45 H GANZKÖRPER- TRAINING		12.30 - 13.30 YOGAFIT
17.45 - 18.45 H BOX WORKOUT	17.45 - 18.45 PUMP TRAINING	18.00 - 18.45 SANFTES RÜCKENTRAINING	18.20 - 19.00 AQUA FITNESS	18.00 - 19.00 LATIN DANCE		12.30 - 13.30 BODYSTYLING & POWER BAUCH
18.00 - 18.40 AQUA FITNESS	18.00 - 19.00 RÜCKEN FITNESS	18.00 - 19.00 CYCLING	19.15 - 20.00 RÜCKEN FITNESS	18.00 - 19.00 PUMP TRAINING		
18.00 - 19.00 BODYSTYLING & POWER BAUCH	18.20 - 19.00 AQUA FITNESS	18.15 - 19.00 JUST DANCE		18.00 - 19.00 YOGAFIT		
18.45 - 19.45 CYCLING	18.30 - 19.15 QUEENAX 19.15 - 19.30 BAUCH	19.00 - 20.00 YOGAFIT		19.15 - 20.30 SANFTES RÜCKENYOGA		
19.00 - 20.00 H SWEAT CIRCUIT	19.00 - 20.00 STYLING INTERVALL MIT STEP (ohne Choreo)	19.30 - 20.30 SPECIAL: CYCLING EINSTEIGER Ab 30.10.2024 6 Wochen				
19.15 - 20.15 SANFTES RÜCKENYOGA	19.15 - 20.00 H GANZKÖRPER- TRAINING					
			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