



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 10:30 R3 YOGA + ATEMTECHNIK	09:15 - 10:15 R3 YIN YOGA	09:00 - 10:30 R3 YOGA + ATEMTECHNIK	09:15 - 10:30 R3 YOGA	08:55 - 09:55 R2 BODYPUMP	10:30 - 12:00 R3 YOGA + ATEMTECHNIK	10:00 - 11:00 R2 SPECIALS
10:35 - 11:35 R3 GYMNASTIK AUF DEM STUHL	09:15 - 10:15 R2 DANCE AEROBIC	09:30 - 10:30 R1 WSG	09:30 - 10:30 R2 MUSKELFIT	09:00 - 10:30 R3 YOGA + ATEMTECHNIK	10:00 - 11:00 R2 ZUMBA	11:00 - 12:00 R2 SPECIALS
10:00 - 11:00 R2 ZUMBA	09:30 - 10:15 R1 WSG	09:30 - 10:30 R2 ZUMBA	10:30 - 11:30 R2 ZUMBA	09:30 - 10:30 R1 MUSKELFIT	11:00 - 12:00 R2 PILATES / BALANCE	
11:00 - 11:30 R2 BAUCH SPEZIAL	10:15 - 10:30 R1 STRETCHING	10:30 - 11:30 R2 BODYPUMP	10:35 - 11:35 R3 GYMNASTIK AUF DEM STUHL	10:05 - 11:00 R2 AEROBIC		
	10:20 - 11:20 R2 MUSKELFIT	10:30 - 11:45 R3 RÜCKENYOGA		10:15 - 11:15 CA CYCLING		
	10:45 - 11:45 R3 PILATES			10:45 - 12:15 R3 PILATES		
				11:00 - 12:00 R2 BAUCH & STRETCH		

17:00 - 18:00 R2 LMI STEP	17:00 - 18:00 R2 BODYPUMP	17:00 - 18:00 R2 BODYPUMP	17:30 - 19:00 BB CHALLENGE	17:10 - 18:10 R1 JUMPING FITNESS	15:00 - 16:00 R2 BODYPUMP
17:00 - 17:50 R3 PILATES	17:10 - 17:55 R1 TONE	17:30 - 18:00 R1 BAUCH & STRETCH	17:30 - 18:30 R2 LMI-STEP	17:15 - 18:15 BB FUNCTIONAL	16:15 - 17:15 CA CYCLING
18:00 - 19:00 R3 RÜCKENYOGA	17:30 - 18:45 R3 YOGA	18:00 - 19:00 R3 BODYBALANCE	17:30 - 18:30 CA CYCLING	17:30 - 18:45 R3 YOGA	
18:00 - 19:00 R2 DANCE STEP™	18:00 - 19:00 R1 ZUMBA	18:00 - 19:00 R1 MUSKELFIT	17:30 - 18:30 R1 ZUMBA	18:00 - 19:00 CA CYCLING	
18:00 - 19:00 BB MUSKELFIT	18:00 - 19:00 BB FUNCTIONAL	18:00 - 19:00 R2 ZUMBA	18:00 - 19:00 R3 PILATES	18:15 - 19:15 R2 MUSKELFIT	
18:00 - 19:00 CA CYCLING	18:05 - 19:05 R2 BODYCOMBAT	18:00 - 19:00 CA CYCLING	18:30 - 19:30 R2 BODYPUMP	18:15 - 19:30 R1 BURLESQUE	
18:15 - 19:15 BB FUNCTIONAL	18:15 - 19:15 CA CYCLING	19:05 - 20:20 R3 YOGA	18:45 - 19:45 R1 JUMPING FITNESS	19:00 - 20:15 R3 RÜCKENFIT	
19:00 - 20:15 R3 YOGA	18:45 - 20:00 R3 MODERN YOGA	19:15 - 20:25 R1 PILATES	19:05 - 20:20 R3 YOGA		
19:00 - 20:00 R1 DANCE AEROBIC	19:05 - 20:05 R1 HIT	19:15 - 20:15 BB FUNCTIONAL			
19:00 - 20:00 R2 BODYPUMP	19:05 - 20:05 R2 PILATES / BALANCE				
20:00 - 20:45 R2 BAUCH & STRETCH	20:05 - 20:35 R1 STRETCH				
20:00 - 21:15 R1 BURLESQUE					



BITTE BEACHTEN

- Aktuell sind alle Kurse anmeldungspflichtig
- Anmeldung frühestens 72 Stunden im Voraus
- Buchung persönlich, per App & telefonisch möglich

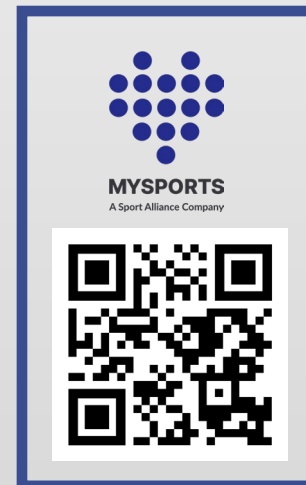
LEGENDE

xx	KURSRÄUME	R1	Kursraum 1
■	CYCLING	R2	Kursraum 2
■	PRÄVENTION	R3	Kursraum 3
■	DANCE & MORE	CA	Cycling Arena
■	POWER & AUSDAUER	BB	Black Box



ÖFFNUNGSZEITEN

▶ FITNESS	MO - FR SA - SO	07:00 - 22:00 UHR 09:00 - 21:00 UHR
▶ SAUNA	MO - FR SA - SO	09:00 - 22:00 UHR 09:00 - 21:00 UHR
▶ KINDER-BETREUUNG	MO MI FR	09:00 - 11:30 UHR 17:00 - 19:30 UHR



ZUR APP ↗