

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:15 - 10:00 AQUA-JOGGING	09:15 - 10:00 AQUA-FIT	09:15 - 10:00 AQUA-BOXING	09:15 - 10:00 AQUA-FIT	09:15 - 10:00 AQUA-BOXING	09:15 - 10:00 AQUA-FIT	09:15 - 10:00 AQUA-JOGGING
10:15 - 11:00 AQUA-GYM	09:30 - 10:00 FLEXX-CIRCLE*	10:15 - 11:00 AQUA-FIT	10:15 - 11:45 YOGA	10:15 - 11:00 AQUA-POWER	10:15 - 11:15 PILATES	10:15 - 11:00 AQUA-FIT
10:00 - 10:30 POWER PLATE*	10:00 - 10:30 POWER PLATE*	10:00 - 10:30 POWER PLATE*	10:00 - 10:30 POWER PLATE*	10:00 - 10:30 POWER PLATE*	11:15 - 12:15 TABATA	10:30 - 11:30 CYCLING*
10:30 - 11:00 FLEXX-CIRCLE*	10:15 - 11:15 KARIBIK DANCE	10:30 - 11:00 FLEXX-CIRCLE*	10:30 - 11:00 FLEXX-CIRCLE*	10:30 - 11:00 FLEXX-CIRCLE*	12:15 - 13:15 TRAMPOLIN FIT	11:15 - 12:15 RÜCKEN AKTIV
11:15 - 12:15 CYCLING*	11:15 - 12:15 TROMMELFITNESS	11:15 - 12:15 PILATES		11:15 - 12:15 CYCLING*	13:15 - 13:45 POWER PLATE*	12:15 - 13:15 STEP WORKOUT
		12:15 - 13:15 TRX*		11:15 - 12:15 ZUMBA	13:45 - 14:15 FLEXX-CIRCLE*	13:15 - 13:45 POWER PLATE*
16:30 - 17:30 TRX*			16:30 - 17:30 KANGOO JUMP**			13:45 - 14:15 FLEXX-CIRCLE*
17:00 - 17:45 AQUA-FIT			17:00 - 17:30 FLEXX-CIRCLE*	16:00 - 17:00 CYCLING*		
18:00 - 18:45 AQUA-POWER	16:30 - 17:30 BOP	16:30 - 17:30 TRX*	17:00 - 17:30 FLEXX-CIRCLE*	16:30 - 17:30 KARIBIK DANCE		
17:00 - 19:00 BEACHVOLLEYBALL**	17:00 - 17:30 FLEXX-CIRCLE*	17:00 - 19:00 BEACHVOLLEYBALL**	17:00 - 17:30 BAUCH EXPRESS	17:00 - 19:00 BEACHVOLLEYBALL**		
17:00 - 17:30 FLEXX-CIRCLE*	17:30 - 18:30 RÜCKEN-AKTIV	17:00 - 17:30 FLEXX-CIRCLE*	17:30 - 18:30 BODYSTYLING	17:00 - 19:00 BEACHVOLLEYBALL**		
17:30 - 18:30 ZUMBA	18:30 - 19:30 H.I.T.	17:30 - 18:30 IRON QUBE	18:30 - 19:00 POWER PLATE*	17:00 - 17:30 FLEXX-CIRCLE*		
17:30 - 18:30 KANGOO JUMP**	18:30 - 19:00 POWER PLATE*	17:30 - 18:30 KAPOW	18:30 - 19:30 RÜCKEN AKTIV	17:30 - 18:30 CYCLING*		
18:00 - 19:00 CYCLING STARTER*	18:30 - 19:30 CYCLING STARTER*	18:30 - 19:00 POWER PLATE*	18:30 - 19:30 OUTDOOR BOOTCAMP**	17:30 - 18:00 POWER PLATE*		
18:30 - 19:00 POWER PLATE*	19:00 - 19:30 FLEXX-CIRCLE*	18:30 - 19:30 CYCLING*	18:30 - 19:30 CYCLING*	17:30 - 18:30 COMBAT-FITNESS		
18:30 - 19:30 PUSH & PULL	19:30 - 20:30 ZUMBA	18:30 - 19:30 FATBURNER STEP	19:00 - 19:30 FLEXX-CIRCLE*	18:30 - 19:30 TRX*		
19:00 - 20:00 CYCLING*	19:30 - 20:00 POWER PLATE*	19:30 - 20:00 BAUCH EXPRESS	19:30 - 20:30 BODY PUMP			
19:30 - 21:00 YOGA			19:30 - 20:00 POWER PLATE*			
20:00 - 21:00 IRON QUBE			19:30 - 21:00 YOGA			

## LEGENDE:

- \* VORAB BITTE ANMELDEN
- \*\* OUTDOOR KURS
- POWER PLATE KURS (IN DER PLATE-AREA)
- AQUA KURS (IN BADEBEKLEIDUNG / TREFFPUNKT: REZEPTION MEDI-GYM)
- TANZ KURS (IM KURSRAUM)
- FUNCTIONAL TRAINING AM IRON QUBE
- FLEXX CIRCLE (IN DER FLEXX AREA)
- TRX KURS (IM KURSRAUM)

SOMMERKURSPLAN 2018  
ÄNDERUNGEN VORBEHALTEN