

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

LEGENDE!

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

WINTERKURSPLAN 2018/19
ÄNDERUNGEN VORBEHALTEN