

Kursprogramm



Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag
oben	unten	oben	unten	oben	unten	oben	unten	oben	unten	oben
08:30 - 10:00 Vinyasa Yoga	09:00 - 10:00 BodyFlow	08:30 - 10:00 Hatha Yoga	09:00 - 10:00 Bodynetics	09:00 - 10:00 SeniorenFit	09:00 - 10:00 Pilates Stretch & Strength	08:30 - 10:00 Rücken- Yoga	09:00 - 10:00 Bauch, Beine, Po	07:30 - 08:30 WakeUp- Pilates		
10:00 - 11:00 SeniorenFit				10:00 - 11:00 Pilates Stretch & Strength		10:00 - 11:00 Pilates		09:00 - 10:00 Wirbelsäulen- gymnastik		10:00 - 11:30 Fitness- Boxen
15:00 - 16:00 Erlebnis Tanz		16:00 - 17:00 Modern Line Dance		17:00 - 18:00 BalanceFit			17:00 - 18:00 Booty & Abs	17:00 - 18:00 BodyBoost		
16:00 - 17:00 Modern Line Dance		17:00 - 18:30 Hatha Yoga		18:00 - 19:00 Fatburn F	18:00 - 19:00 JumpingFit	18:00 - 19:00 RückenFit	18:00 - 19:00 JumpingFit		18:00 - 19:00 JumpingFit	
18:00 - 19:00 BodyWork	18:00 - 19:00 JumpingFit	18:00 - 19:00 X-ALL (outdoor)	18:00 - 19:00 StepBasic	19:00 - 20:00 Strong Back&Core	19:00 - 20:00 Workout Mix	19:00 - 20:30 Vinyasa Yoga	19:00 - 20:00 StepChoreo			
19:00 - 20:00 Interval Power F	19:00 - 20:00 Indoor- cycling	18:30 - 19:30 Zumba	19:00 - 20:00 PUMP IT F							
20:00 - 21:00 Pilates	19:00 - 20:00 X-ALL (outdoor)	19:30 - 20:30 BodyShape	20:00 - 21:30 Qigong				19:00 - 20:00 X-ALL (outdoor)			10:30 - 11:30 SUNFIT

■ Kurse ohne Zusatzgebühren/10er-Karte

■ Kurse mit Zusatzgebühren

■ Abteilung X-ALL

F = Fortgeschritten