

## MONDAY

09:00-09:50 Back Health <sup>3</sup>	Studio 1
09:00-09:50 Bodyshape	Studio 2
10:30-12:00 Yin Yoga	Studio 1
10:00-10:25 Sixpack	Studio 2
10:30-11:20 Latin Dance	Studio 2
18:00-18:25 Sixpack	Studio 2
18:30-19:20 Power Lift	Studio 1
18:30-19:20 Back Health	Studio 2
18:20-19:20 Aqua Fitness	Pool
19:30-20:20 Pilates	Studio 2
19:30-20:30 Spinning <sup>1</sup>	Spin
19:30-20:45 Fit Boxing	Studio 1

## TUESDAY

09:00-10:15 Pilates	Studio 1
09:00-10:15 Bodyshape	Studio 2
10:30-12:00 Astanga Yoga	Studio 1
10:30-11:20 Zumba®	Studio 2
10:30-11:30 Spinning <sup>1</sup>	Spin
10:30-11:30 Aqua Fitness	Pool
17:00-17:50 Back Health	Studio 2
18:00-18:25 Core	Studio 2
18:30-19:20 Bodyshape & Stretch	Studio 2
19:00-20:30 Vinyasa Yoga	Studio 1

## WEDNESDAY

09:00-10:15 M.A.X.® <sup>3</sup>	Studio 1
10:30-11:20 Antara® <sup>3</sup>	Studio 1
11:30-11:55 Mobility <sup>3</sup>	Studio 1
10:30-11:55 Yoga	Studio 2
12:00-12:50 Pelvic floor	Studio 2
12:00-13:00 Aqua Fitness	Pool
18:00-19:15 Dance & Chorea	Studio 1
18:00-18:50 Back Health	Studio 2
18:00-18:50 Pure Athletic <sup>2</sup>	Fitness
18:00-18:55 Spinning <sup>1</sup>	Spin
19:00-19:55 Spinning <sup>1</sup>	Spin
19:00-19:25 Sixpack	Studio 2
19:30-20:20 Power Lift	Studio 2
19:30-20:45 Fit Boxing	Studio 1

## THURSDAY

09:00-10:15 Fitness Circle	Studio 1
09:00-09:50 Back Health <sup>3</sup>	Studio 2
09:00-10:00 Spinning	Spin
10:05-10:30 Core	Studio 2
10:30-11:30 Line Dance	Pool
10:45-12:00 Aqua Fitness	Studio 2
17:00-17:45 Pure Mobility <sup>2</sup>	Fitness
17:45-18:45 Aqua Fitness <sup>2</sup>	Boxlounge
17:00-18:00 Boxing	Pool
18:00-19:00 Spinning <sup>1</sup>	Spin
18:00-18:50 Bodyshape	Studio 1
19:00-19:25 Core	Studio 1
19:00-20:30 Yoga	Studio 2

## FRIDAY

08:45-10:15 Astanga Yoga	Studio 2
09:00-09:50 Power Lift	Studio 1
10:00-10:25 Sixpack	Studio 1
10:30-11:20 Back Health	Studio 1
10:30-11:20 Bodyshape	Studio 2
10:30-11:30 Spinning <sup>1</sup>	Spin
11:30-12:10 Aqua Fitness	Pool
17:00-17:50 Bodyshape	Studio 1
18:00-18:50 Pilates	Studio 1

## SATURDAY

09:00-10:30 Astanga Yoga	Studio 2
09:00-09:40 Aqua Fitness	Pool
10:00-10:25 Step Cardio	Studio 1
10:30-11:20 Bodyshape	Studio 1

## SUNDAY

09:30-10:20 Back Health	Studio 1
10:30-11:45 Bodyshape & Core	Studio 1
17:30-17:55 Sixpack	Studio 2
18:00-18:50 Pilates	Studio 2
18:30-20:00 Astanga Yoga	Studio 1

## HOLIDAY

09:30-10:20 Back Health	Studio 1
10:30-11:45 Bodyshape & Core	Studio 1
18:00-18:50 Bodyshape	Studio 1
19:00-19:25 Astanga Yoga	Studio 1

Please note the special course program on holidays!

1 Registration at the reception  
2 Registration at the fitness reception