

MONDAY

09:00-09:50 Back Health	Studio 1
09:00-09:50 Bodyshape	Studio 2
10:00-11:30 Astanga Yoga	Studio 1
10:00-10:25 Sixpack	Studio 2
10:30-11:20 Step Cardio	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 XL	Pool
19:30-20:20 Aqua Fitness	Studio 2
19:30-20:30 Pilates ¹	Spin
19:30-20:45 Cross Country Cycling	Studio 1

TUESDAY

09:00-10:15 Pilates	Studio 1
09:00-10:15 Step Cardio ³	Studio 2
10:30-12:00 Yoga Basic	Studio 1
10:30-11:20 Zumba®	Studio 2
10:30-11:30 HIT Cycling ³	Spin
10:30-11:30 Aqua Fitness	Pool
17:00-17:50 Aqua Fitness XL	Studio 2
18:00-18:25 Back Health	Studio 2
18:30-19:20 Core	Studio 2
19:00-20:30 Bodyshape & Stretch	Studio 1

WEDNESDAY

09:00-10:15 M.A.X.®	Studio 1
10:30-11:20 Antara®	Studio 1
11:30-11:55 Ayur Yoga	Studio 1
10:30-11:55 Beckenboden	Studio 2
12:00-12:50 Aqua Fitness XL	Studio 2
12:00-13:00 Aqua Fitness	Pool
18:00-19:15 Fitness Circle	Studio 1
18:00-18:50 Back Health	Studio 2
18:00-18:50 Pure Athletic ²	Fitness
18:00-18:55 Cycling ¹	Spin
19:00-19:55 Cycling ¹	Spin
19:00-19:25 Sixpack	Studio 2
19:30-20:20 Fit Boxing	Studio 2
19:30-20:45 Power Lift	Studio 1

THURSDAY

09:00-10:15 Fitness Circle	Studio 1
09:00-09:50 Back Health	Studio 2
09:00-10:00 Fatburning Cycling	Spin
10:05-10:30 Core	Studio 2
10:45-12:00 Aqua Fitness XL	Studio 2
10:30-11:30 Line Dance	Pool
17:00-17:45 Back Health ²	Fitness
17:00-18:00 Aqua Fitness	Pool
17:45-18:45 Step Cardio ²	Boxlounge
18:00-19:00 Boxing ¹	Spin
18:00-18:50 Cycling	Studio 1
19:00-19:25 Core	Studio 1
19:00-20:30 Fusion Yoga	Studio 2

FRIDAY

08:45-10:15 Astanga Yoga ³	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 Interval Cycling ¹	Spin
11:30-12:10 Aqua Fitness	Pool
17:00-17:50 Bodyshape	Studio 2
18:00-18:50 Pilates	Studio 2

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 Dance Fusion	Studio 2
18:00-18:50 Pilates	Studio 2
18:30-20:00 Core ³	Studio 1

HOLIDAY

09:30-10:20 Back Health	Studio 1
10:30-11:45 Bodyshape	Studio 1
18:00-18:50 Bodyshape	Studio 2
18:30-20:30 Astanga Yoga	Studio 1
19:00-19:25 Core	Studio 2

Please note the special course program on holidays!

1 Registration at the reception
2 Registration at the fitness reception