

MONDAY

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| 08:00-08:50 Back Health | Studio 1 |
| 08:30-09:30 Soul Cycling ¹ | Spin |
| 09:00-09:25 Core | Studio 1 |
| 09:30-10:30 Fitness Circle | Lady |
| 09:30-10:30 Soul Cycling ¹ | Spin |
| 09:30-10:20 Bodyshape | Studio 1 |
| 09:30-11:00 Astanga Yoga | Studio 2 |
| 10:30-11:20 Pilates | Studio 1 |
| 10:30-11:10 Aqua Fitness | Pool |
| 11:45-12:35 Back Health & Stretch | Studio 1 |
| 13:00-13:40 Aqua Fitness | Pool |
| 17:00-17:50 Back Health ³ | Studio 1 |
| 18:00-18:50 Tabata ³ | Studio 1 |
| 19:00-20:30 Pure Athletic | Studio 2 |

TUESDAY

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| 08:30-09:20 Antara | Studio 1 |
| 09:30-10:20 Power Lift | Studio 1 |
| 09:30-10:20 Back Health Qi Gong | Studio 2 |
| 10:30-10:55 Core | Studio 1 |
| 11:00-11:40 Aqua Fitness | Pool |
| 11:00-12:30 Flow Yoga | Studio 2 |
| 12:00-12:50 Mobility | Studio 1 |
| 18:00-18:25 Sixpack | Studio 1 |
| 18:00-18:50 Pilates | Studio 2 |
| 18:30-19:45 Thairobix Cardio® | Studio 1 |
| 18:00-19:00 Cycling ¹ | Spin |
| 19:00-20:30 Astanga Yoga | Studio 2 |
| 19:00-20:00 Cycling ¹ | Spin |
| 20:00-20:50 Thai Boxing | Box Corner |

WEDNESDAY

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| 08:00-09:30 Vinyasa Yoga | Studio 2 |
| 09:30-10:30 Body Shape & Step | Lady |
| 09:30-10:20 Body & Mind | Studio 1 |
| 09:30-10:20 Fitness Circle | Studio 2 |
| 10:30-11:20 Pilates | Studio 1 |
| 10:30-11:10 Aqua Fitness | Pool |
| 10:30-11:45 Cycling ¹ | Spin |
| 11:50-12:30 Aqua Fitness | Pool |
| 17:00-17:50 Bodyshape | Studio 1 |
| 17:30-18:20 Cycling | Studio 2 |
| 18:00-19:00 Pure Athletic ² | Fitness |

THURSDAY

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| 07:30-08:20 Power Lift | Studio 1 |
| 08:30-08:50 5 Tibeter | Studio 1 |
| 09:00-10:00 Mentaltraining ¹ | Spin |
| 09:00-09:25 Sixpack | Studio 1 |
| 09:30-09:55 Soul Cycling | Studio 1 |
| 09:30-11:00 Astanga Yoga | Studio 2 |
| 10:00-10:50 Back Health | Studio 1 |
| 11:00-11:40 Zumba Gold® | Pool |
| 11:00-11:50 Dance Fusion | Studio 1 |
| 18:00-19:30 Thairobix Technique® ³ | Studio 2 |
| 18:00-18:50 Yinyasa Yoga | Studio 1 |
| 19:00-19:25 Sixpack | Studio 1 |

FRIDAY

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|----------------------------------|----------|
| 08:30-09:20 Power Lift | Studio 1 |
| 09:30-10:20 Beckenboden | Studio 1 |
| 09:30-10:20 Pilates | Studio 2 |
| 09:30-10:45 Cycling ¹ | Spin |
| 10:30-11:10 Aqua Fitness | Pool |
| 10:30-11:20 Bodyshape | Studio 1 |
| 10:30-12:00 Yoga Basic | Studio 2 |
| 16:30-16:55 Aqua Fitness | Studio 1 |
| 17:00-17:50 Core | Studio 1 |

SATURDAY

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|------------------------------|----------|
| 10:00-10:50 Pilates | Studio 2 |
| 10:00-10:50 Bodyshape | Studio 1 |
| 11:00-12:15 Thairobix Combo® | Studio 1 |

SUNDAY

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|--------------------------------------|----------|
| 09:30-10:45 Back Health ¹ | Spin |
| 09:30-10:20 Cycling | Studio 1 |
| 10:30-11:20 Bodyshape & Step | Studio 1 |
| 17:30-17:55 Cycling | Studio 1 |
| 18:00-18:50 Core | Studio 1 |
| 18:00-19:30 Bodyshape | Studio 2 |

HOLIDAY

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|----------------------------------|----------|
| 09:30-10:30 Cycling ¹ | Spin |
| 10:30-11:45 Bodyshape & Stretch | Studio 1 |
| 17:30-17:55 Core | Studio 1 |
| 18:00-18:50 Bodyshape | Studio 1 |
| 18:00-19:00 Cycling ¹ | Spin |

Please note the special course program on holidays!

1 Registration at the reception
2 Registration at the fitness reception