

## MONTAG

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
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 Pilates	Studio 2
19:30-20:30 Spinning <sup>1</sup>	Spin
19:30-20:45 Fit Boxing	Studio 1

## DIENSTAG

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 XL	Pool
17:00-17:50 Back Health	Studio 1
18:00-18:25 Core	Studio 1
18:30-19:20 Bodyshape & Stretch	Studio 1

## MITTWOCH

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

## DONNERSTAG

09:00-10:15 Fitness Circle	Studio 1
09:00-09:50 Back Health	Studio 1
09:00-10:00 Spinning <sup>1</sup>	Spin
10:05-10:30 Core	Studio 2
10:45-12:00 Line Dance	Studio 2
10:30-11:30 Aqua Fitness	Studio 1
17:00-17:40 Aqua Fitness	Pool
17:45-18:45 Boxing	Boxlounge
18:00-19:00 Spinning	Spin
18:00-18:50 Bodyshape	Studio 1
19:00-19:25 Core	Studio 1
19:00-20:30 Yoga	Studio 2

## FREITAG

08:45-10:15 Astanga Yoga	Studio 1
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

## SAMSTAG

09:00-09:30 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

## SONNTAG

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

## FEIERTAG

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

Wegen Urlaub oder Krankheit der TrainerInnen kann es zu kurzfristigen Änderungen kommen. Gruppenkurse finden ab 3 Teilnehmer statt. In den Studios gilt Handtuchpflicht. Bitte tragen Sie saubere Indoorschuhe. Halten Sie das Handyverbot ein.

1 Anmeldung an der Rezeption  
2 Anmeldung an der Fitness Rezeption  
3 Vertretung