

## MONTAG

08:00-08:50 Back Health	Studio 1
08:30-09:20 Spinning+ <sup>1</sup>	Spin
09:00-09:25 Core	Studio 1
09:30-10:30 Fitness Circle	Lady
09:30-10:25 Spinning+ <sup>1</sup>	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 <sup>3</sup>	Studio 1
13:00-13:40 Aqua Fitness <sup>3</sup>	Pool
17:00-17:50 Back Health	Studio 1
18:00-18:50 Tabata	Studio 1
19:00-19:25 Sixpack	Studio 1
19:00-20:30 Yoga	Studio 2

## DIENSTAG

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 <sup>3</sup>	Pool
11:00-12:30 Vinyasa Yoga	Studio 2
12:00-12:50 Mobility <sup>3</sup>	Studio 1
18:00-18:25 Sixpack	Studio 1
18:00-18:50 Pilates	Studio 2
18:30-19:45 Thairobix	Studio 1
18:00-18:50 Spinning <sup>1</sup>	Spin
19:00-20:30 Astanga Yoga	Studio 2
19:00-19:55 Spinning <sup>1</sup>	Spin
20:00-20:50 Thaiboxing	Box Corner

## MITTWOCH

08:00-09:30 Astanga Yoga	Studio 2
09:30-10:30 Fitness Circle	Lady
09:30-10:20 Body Shape& Step	Studio 1
09:30-10:20 Body&Mind <sup>3</sup>	Studio 2
10:30-11:20 Pilates	Studio 1
10:30-11:10 Aqua Fitness <sup>3</sup>	Pool
10:30-11:45 Spinning <sup>1</sup>	Spin
11:50-12:30 Aqua Fitness	Pool
17:00-17:50 Bodyshape	Studio 1
18:00-19:00 Pure Athletic	Fitness

## DONNERSTAG

07:30-08:20 Power Lift	Studio 1
08:30-08:50 5 Tibeter	Studio 1
09:00-09:50 Spinning+ <sup>1</sup>	Spin
09:30-11:00 Astanga Yoga	Studio 2
10:00-10:50 Back Health	Studio 1
11:00-11:50 Zumba Gold@ <sup>3</sup>	Studio 1
18:00-19:30 Vinyasa Yoga	Studio 2
18:00-18:50 Thairobix	Studio 1
19:00-19:25 Sixpack	Studio 1

## FREITAG

08:30-09:20 Power Lift	Studio 1
09:30-10:20 Back Health	Studio 1
09:30-10:20 Pilates	Studio 2
09:30-10:45 Spinning <sup>1</sup>	Spin
10:30-10:10 Aqua Fitness	Pool
10:30-11:20 Bodyshape	Studio 1
10:30-12:00 Astanga Yoga	Studio 2
11:30-12:10 Aqua Fitness	Pool
16:30-16:55 Core	Studio 1
17:00-17:50 Bodyshape	Studio 1

## SAMSTAG

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

## SONNTAG

09:30-10:20 Back Health	Studio 1
09:30-10:30 Spinning <sup>1</sup>	Spin
10:30-11:30 Spinning <sup>1</sup>	Spin
10:30-11:30 Bodyshape & Step	Studio 1
17:30-17:55 Core	Studio 1
18:00-18:50 Bodyshape	Studio 1
18:00-19:30 Astanga Yoga	Studio 2

## FEIERTAG

09:30-10:25 Spinning <sup>1</sup>	Spin
10:30-11:45 Bodyshape & Stretch	Studio 1
17:30-17:55 Core	Studio 2
18:00-18:25 Bodyshape	Studio 2
18:00-18:55 Spinning <sup>1</sup>	Spin

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