









- Bringe bitte bei allen Kursangeboten (außer Aqua + Cycling) aus hygienischen Gründen Deine eigene Matte mit.
- Alle Kursangebote sind teilnehmerbegrenzt.

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|---|---|---|---|--|--|---|
| 06:00 | | | 06:30 Cyclingraum ⁽⁶⁰⁾ Cycling Gold | | | | |
| 07:00 | 07:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM® | | | 07:00 Studio 2 ⁽⁶⁰⁾ Pilates I-II | 07:15 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM® | | |
| | | 07:00 Cyclingraum ⁽⁶⁰⁾ Cycling Gold | | | 07:00 Cyclingraum ⁽⁶⁰⁾ Cycling Gold | | |
| | | 07:30 Fläche ⁽³⁰⁾ 📞 POWER PLATE® Pure | | 07:00 Fläche ⁽³⁰⁾ 📞 POWER PLATE® Pure | | | |
| 08:00 | 08:10 Studio 1 ⁽⁵⁰⁾ Pilates I | | | | | | |
| | 08:30 Studio 2 ⁽⁷⁵⁾ Jivamukti Yoga I | | | 08:30 Studio 2 ⁽⁷⁵⁾ Vinyasa Yoga I | | | |
| 09:00 | 09:15 Studio 1 ⁽⁵⁰⁾ Bodystyling | 09:00 Studio 1 ⁽⁵⁵⁾ Step I-II | 09:00 Studio 1 ⁽⁵⁰⁾ Bodystyling | 09:30 Studio 1 ⁽⁶⁰⁾ DEEPWORK® | 09:45 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM® | 09:30 Studio 1 ⁽⁵⁰⁾ Step I | |
| | | | 09:00 Studio 2 ⁽⁷⁵⁾ Hatha Yoga I | | 09:30 Studio 2 ⁽⁵⁰⁾ Pilates I | | 09:30 Studio 2 ⁽⁶⁰⁾ Pilates I-II |
| | | | | | | 09:30 Cyclingraum ⁽⁹⁰⁾ Cycling Black | |
| | | | | | | 10:40 Sportpool ⁽³⁰⁾ Aqua intense | |
| 10:00 | | 10:00 Studio 1 ⁽⁷⁵⁾ Bodystyling + Stretch | 10:00 Studio 1 ⁽⁶⁰⁾ Wirbelsäule | | | | |
| | 10:10 Studio 2 ⁽⁶⁰⁾ Gesunder Rücken | 10:30 Studio 2 ⁽⁹⁰⁾ Jivamukti Yoga I-II | | 10:35 Studio 2 ⁽⁶⁰⁾ BODYART® STRENGTH | 10:30 Studio 2 ⁽⁷⁵⁾ Yoga Beginner | | 10:35 Studio 2 ⁽⁹⁰⁾ Hatha Yoga |
| 11:00 | | | | | 11:00 Studio 1 ⁽⁵⁰⁾ RückenFIT | | |
| | 11:20 Studio 2 ⁽⁶⁰⁾ BODYART® STRENGTH | | | | | 11:00 Studio 2 ⁽⁹⁰⁾ Jivamukti Yoga | |
| | 11:20 Sportpool ⁽⁵⁰⁾ Aqua Workout | | | | | 11:15 Sportpool ⁽⁵⁰⁾ Aqua Workout | |
| 12:00 | | | | | 12:00 Studio 1 ⁽⁵⁰⁾ Flexi Toning | | |
| | | 12:30 Studio 2 ⁽⁷⁵⁾ Yoga Beginner | | | | | |
| | 12:30 Fläche ⁽³⁰⁾ 📞 POWER PLATE® Pure | | 12:30 Fläche ⁽³⁰⁾ 📞 POWER PLATE® Pure | | | | |
| 14:00 | | | | | 14:15 Studio 2 ⁽⁷⁵⁾ Jivamukti Yoga I | | |
| 16:00 | | | | | | | 16:25 Studio 1 ⁽⁶⁰⁾ Best of Cardio! ☉ |
| | | | | 16:30 Studio 2 ⁽⁷⁵⁾ Yoga Beginner | 16:00 Studio 2 ⁽⁶⁰⁾ Pilates I-II | 16:45 Studio 2 ⁽⁹⁰⁾ Hatha Yoga | |
| | | | | | 16:40 Sportpool ⁽⁴⁵⁾ Schwimmtraining Intro | | |
| 17:00 | 17:55 Studio 1 ⁽⁵⁵⁾ ZUMBA® | | 17:15 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM® | 17:25 Studio 1 ⁽³⁰⁾ Kickbox Aerobic Intro | 17:10 Studio 1 ⁽⁵⁰⁾ Flexi Toning | | 17:35 Studio 1 ⁽⁶⁰⁾ Best of Strength! ☉ |
| | 17:35 Studio 2 ⁽⁶⁰⁾ Flexi Rücken | | 17:00 Studio 2 ⁽⁷⁵⁾ Hatha Yoga I | 17:55 Studio 2 ⁽⁶⁰⁾ BODYART® STRENGTH | 17:30 Studio 2 ⁽⁷⁵⁾ Vinyasa Yoga I | | 17:15 Studio 2 ⁽⁹⁰⁾ Vinyasa Yoga I-II |
| | | | | | 17:30 Sportpool ⁽⁴⁵⁾ Schwimmtraining | | |
| 18:00 | | 18:25 Studio 1 ⁽⁶⁰⁾ DEEPWORK® | 18:30 Studio 1 ⁽⁶⁰⁾ DEEPWORK® | 18:00 Studio 1 ⁽⁶⁰⁾ Kickbox Aerobic | 18:05 Studio 1 ⁽⁵⁵⁾ Aero Classic I-II | 18:25 Studio 1 ⁽⁵⁵⁾ Dance Moves | |
| | 18:45 Studio 2 ⁽⁶⁰⁾ DEEPWORK® | 18:00 Studio 2 ⁽⁹⁰⁾ PhysioFlowYoga® | 18:25 Studio 2 ⁽⁶⁰⁾ Wirbelsäule | | | | 18:50 Studio 2 ⁽⁶⁰⁾ Yin Yoga |
| | 18:30 Cyclingraum ⁽⁷⁵⁾ Cycling Platinum | | 18:30 Cyclingraum ⁽⁶⁰⁾ Cycling Gold | 18:00 Cyclingraum ⁽⁶⁰⁾ Cycling Gold | 18:00 Cyclingraum ⁽⁵⁰⁾ Cycling Silver | | 18:30 Cyclingraum ⁽⁶⁰⁾ Cycling Gold |
| | | 18:05 Sportpool ⁽³⁰⁾ Aqua intense | | | | | |
| | | 18:40 Sportpool ⁽⁵⁰⁾ Aqua Workout | | | | | |
| | | 18:00 Fläche ⁽³⁰⁾ 📞 POWER PLATE® Pure | | 18:00 Fläche ⁽³⁰⁾ 📞 POWER PLATE® Pure | | | |
| | | | 18:45 Funct.Area ⁽⁴⁵⁾ PowerCIRCLE | | 18:15 Funct.Area ⁽⁴⁵⁾ PowerCIRCLE | | |
| 19:00 | 19:00 Studio 1 ⁽⁵⁰⁾ Workout Xplosion | 19:45 Studio 1 ⁽⁵⁰⁾ Step Easy Step I ▲ | | 19:05 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM® | 19:15 Studio 1 ⁽⁴⁵⁾ Xtreme BURN | | 19:15 Studio 1 ⁽⁴⁵⁾ Xtreme BURN |
| | | 19:35 Studio 2 ⁽⁶⁰⁾ Pilates I-II | 19:30 Studio 2 ⁽⁷⁵⁾ Yoga Beginner | 19:05 Studio 2 ⁽⁵⁰⁾ Cardio Workout | | | |
| | | 19:00 Cyclingraum ⁽⁶⁰⁾ Cycling Gold | 19:40 Cyclingraum ⁽⁴⁵⁾ Cycling Xpress | 19:10 Cyclingraum ⁽⁶⁰⁾ Cycling Silver | 19:00 Cyclingraum ⁽⁶⁰⁾ Cycling Gold | | |
| | | 19:00 Funct.Area ⁽⁴⁵⁾ Movement + Strength | | | | | |
| 20:00 | 20:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM® | | | 20:10 Studio 1 ⁽⁵⁵⁾ ZUMBA® | | | |
| | 20:00 Studio 2 ⁽⁹⁰⁾ Hatha Yoga | | | 20:05 Studio 2 ⁽⁷⁵⁾ Power Yoga I | | | |
| | 20:00 Sportpool ⁽⁶⁰⁾ Schwimmtraining | | | | | | |

| | | | |
|---|--|--|---|
|  Aqua |  Best of! |  Body + Mind |  Choreographie |
|  Cycling |  Small Group Training |  POWER PLATE® |  Workout |

Das Kursangebot findet ab 3 Teilnehmern statt!

Easy/Intro/Beginner = Einsteiger | I = Mittelstufe | II = Fortgeschritten | **IRON SYSTEM®** Levelverteilung siehe Internet | ▲ monatsweise im Wechsel (siehe Aushang!) |

☉ Termine variabel, siehe Infowand im Center | 📞 nur nach vorheriger Terminvereinbarung

Fairplay | Group Fitness

- Bitte erscheine pünktlich zu Beginn des Kursangebotes.
- Solltest Du aus gesundheitlichen Gründen eingeschränkt sein, bitten wir Dich, den Instructor darüber zu informieren.
- Wir empfehlen angemessene Trainingsbekleidung.

- Aus hygienischen Gründen bitten wir darum, ein Trainingshandtuch zu benutzen.
- Zum eigenen Schutz solltest Du ausschließlich Plastikflaschen nutzen.
- Bitte geeignetes Schuhwerk verwenden, um Verletzungen und Verunreinigungen zu vermeiden.

Änderungen vorbehalten