

WINTERKURSPLAN 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:15 - 10:00 AQUA-FITNESS	09:15 - 10:00 AQUA-FITNESS	09:15 - 10:00 AQUA-FITNESS	09:15 - 10:00 AQUA-FITNESS	09:15 - 10:00 AQUA-FITNESS	09:15 - 10:00 AQUA-FITNESS	09:15 - 10:00 AQUA-FITNESS
10:15 - 11:00 AQUA-FITNESS	10:15 - 11:00 AQUA-FITNESS	10:15 - 11:00 AQUA-FITNESS	10:15 - 11:45 YOGA	10:15 - 11:00 AQUA-FITNESS	10:15 - 11:00 AQUA-FITNESS	10:15 - 11:00 AQUA-FITNESS
11:00 - 11:30 POWER PLATE	11:00 - 11:30 POWER PLATE	09:15 - 10:15 RÜCKEN-FIT	11:00 - 11:30 FLEXX-CIRCLE	09:15 - 10:15 RÜCKEN-FIT	11:00 - 12:00 CYCLING	09:45 - 11:15 YOGA
11:15 - 12:15 CYCLING	11:15 - 12:15 KARIBIK DANCE	10:15 - 11:15 BODY FORMING	11:45 - 12:45 CYCLING	10:15 - 11:15 BODY STYLING	11:15 - 12:15 IRON FIT	10:30 - 11:30 CYCLING
11:30 - 12:30 PILATES		11:30 - 12:30 PILATES		11:00 - 11:30 POWER PLATE	12:15 - 13:15 TRX	11:15 - 12:15 RÜCKEN AKTIV
		12:30 - 13:15 SENIOR FIT		11:15 - 12:15 ZUMBA		12:00 - 12:30 POWER PLATE
				11:15 - 12:15 CYCLING		12:15 - 13:15 PILATES
16:15 - 17:15 TRX	16:30 - 17:30 BOP	17:00 - 18:00 TRX	16:30 - 17:00 POWER PLATE	17:00 - 18:00 KAPOW		
16:00 - 16:45 AQUA-FITNESS	17:30 - 18:30 RÜCKEN-FIT	18:15 - 19:00 CIRCLE FIT	16:30 - 17:15 STRETCH FIT	18:00 - 18:30 POWER PLATE		
17:00 - 17:45 AQUA-FITNESS	18:00 - 19:00 CYCLING	18:30 - 19:30 CYCLING	17:15 - 18:00 FIT MIX	18:15 - 19:00 CIRCLE FIT		
17:15 - 18:15 PILATES	18:30 - 19:30 ZUMBA	18:30 - 19:00 POWER PLATE	18:00 - 19:00 CYCLING	19:00 - 19:45 FASZIEN TRAINING		
18:00 - 19:00 CYCLING	19:30 - 20:30 TRX	19:00 - 19:45 FASZIEN TRAINING	18:00 - 19:00 KARIBIK DANCE			
18:15 - 18:45 FLEXX-CIRCLE		19:45 - 20:45 PILATES	19:00 - 20:00 TRX			
18:15 - 19:15 ZUMBA						
19:30 - 21:00 YOGA						

LEGENDE:

- ** OUTDOOR KURS
- POWER PLATE
- KURS (IN DER PLATE-AREA)
- AQUA KURS
- (IN BADEBEKLEIDUNG / TREFFPUNKT: REZEPTION MEDI-GYM)
- TANZ KURS
- (IM KURSRAUM)
- FUNCTIONAL TRAINING
- AM IRON GÜBE
- FLEXX CIRCLE
- (IN DER FLEXX AREA)
- TRX KURS
- (IM KURSRAUM)

WICHTIG!!!

ALLE KURSE SIND ANMELDEPFLICHTIG

WINTERKURSPLAN 2024
ÄNDERUNGEN VORBEHALTEN