

KURSPLAN Gültig ab 16. Oktober 2017

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
6.00			6.45 bodyArt Gym 1 Z	6.45 Pilates Gym 1 Z	6.45 Indoor Cycling Gym 1 Z		
8.00	8.15 Aqua Pool Z	8.15 Aqua Pool Z	8.15 Aqua Pool Z	8.15 Aqua Pool Z	8.15 Aqua Pool Z		
	8.15 Pilates Gym 1 Z		8.15 Bebo Fit Gym 1 Z	8.15 Bodytone Gym 1 Z			
9.00	9.15 Bodytone Gym 1 A Z	9.15 Dance 1-2 Gym 1 Z	9.15 Pilates Gym 1 Z	9.15 Pilates Gym 1 A Z	9.15 Dance 1-2 Gym 1 Z		9.15 Power Yoga Gym 1
	9.15 Ü 60 Gym 2 A Z	9.15 Rückengymnastik Gym 2 Z	9.15 Ü 60 Gym 2 A Z	9.15 Rückenpower Gym 2 Z	9.15 Ü 60 advanced Gym 2 A Z		
10.00	10.15 Kundalini Yoga 90 Min. Gym 2 Z	10.15 Aqua Pool Z	10.15 Aqua Pool Z	10.15 Power Yoga Gym 1 Z	10.15 Pilates Gym 1 Z	10.00 Aqua Pool	10.15 BBP Gym 1
	10.15 Ü 60 Gym 1 A Z	10.15 Pilates Gym 1 Z	10.15 Zumba Gym 1 Z		10.15 Yoga Gym 2 Z	10.00 Dance Gym 1	10.15 Indoor Cycling Gym 2 A
11.00				11.30 CORExpress 25 Min. Gym 1 Z	11.30 TRXpress 25 Min. Gym 1 A Z	11.00 Muscle Pump Gym 1 A	11.15 Surprise Gym 1
12.00	12.15 BBP A	12.15 Tae Bo Gym 1	12.15 Aqua Pool	12.15 TRX 45 Min. Gym 1 A	12.15 Tae Bo Gym 1	12.00 Tae Bo Gym 1	12.15 TRX 45 Min. Gym 1 A
	12.15 Indoor Cycling Gym 2 A	12.15 Pilates Gym 2	12.15 Muscle Pump Gym 1 A	12.15 Zumba Gym 2	12.15 Step 2 Gym 2		
			12.15 Power Yoga Gym 2				
14.00	14.15 Aqua Pool Z	14.15 Yoga 90 Min. Gym 1 Z		14.15 Pilates Gym 1 Z	14.15 Aqua Pool Z		
	14.15 Pilates 90 Min. Gym 1 Z						
17.00	17.15 Bodytone Gym 1	17.15 CORExpress 25 Min. Gym 1	17.15 Dance Gym 1	17.15 Bodytone Gym 1	17.15 Dance Gym 1		
	17.15 Dance Gym 2	17.45 TRXpress 25 Min. Gym 1 A					
18.00	18.15 deepWork Gym 1	18.15 BBP Gym 1	18.15 Step 3 75 Min. Gym 1	18.15 Muscle Pump Gym 1 A	18.15 Zumba Gym 1		
	18.15 Step 1-2 Gym 2	18.15 Dance 3 Gym 2	18.15 Functional Training Gym 2 A	18.15 Step 2 Gym 2	18.15 Surprise Gym 2		
19.00	19.15 TRX 45 Min. Gym 1 A	19.15 deepWork Gym 1	19.15 Tae Bo Gym 2	19.15 deepWork Gym 1	19.15 Power Yoga Gym 1		
	19.15 Muscle Pump Gym 2 A	19.15 Indoor Cycling Gym 2 A	19.30 Zumba Gym 1	19.15 Indoor Cycling Gym 2 A			
20.00	20.15 Pilates Gym 1	20.15 Power Yoga Gym 1					

▶ Z Kurse in der Zeitlimite
Class during the time limit

▶ A Anmeldung erforderlich. Einschreibelisten liegen 65 Minuten vor Kursbeginn am Empfang auf!
Sign-up required. Registration forms are ready 65 minutes prior to class beginn at the reception.

Schwierigkeitsstufen / Levels of Difficulty

▶ Stufe 1 Für alle geeignet / *For everyone*

▶ Stufe 2 Für Fortgeschrittene geeignet / *For advanced*

▶ Stufe 3 Für Könnner geeignet / *For experts*

Änderungen ohne Ankündigung sind jederzeit möglich
Subject to changes at any times without notice