| MONTAG<br>ÖZ.: 08:10 - 24:00 Uhr | DIENSTAG<br>ÖZ.: 09:10 - 24:00 Uhr | MITTWOCH<br>ÖZ.: 07:10 - 24:00 Uhr | DONNERSTAG<br>ÖZ.: 09:10 - 24:00 Uhr | FREITAG<br>ÖZ.: 08:10 - 24:00 Uhr | SAMSTAG<br>ÖZ.: 09:10 - 19:30 Uhr | SONNTAG<br>ÖZ.: 09:10 - 18:00 Uhr |
|---|---|---|---|---|---|---|
| **09.45 – 10.45 \| R1**<br>Step<br>**(M)** | | **09.30 – 10.30 \| R1**<br>Muskeltraining<br>**(G/M/F)** | | **09.30 – 10.30 \| R1**<br>Faszientraining<br>& Pilates<br>**(G/M)** | | **10.30 – 11.30 \| R2**<br>Spinning<br>**(G/M/F)** |
| **10.45 – 11.45 \| R1**<br>Wirbelsäulen-Gymnastik<br>**(G/M/F)** | | **10.30 – 11.30 \| R1**<br>Fitness-Mix<br>**(G/M/F)** | | **10.30 – 11.30 \| R1**<br>Definitionstraining<br>**(G/M/F)** | **10.30 – 11.45 \| R1**<br>BodyCross<br>**(M/F)** | **10.30 – 11.15 \| R1**<br>Stretching &<br>Faszientraining<br>**(G/M/F)** |
| | | | | | **12.00 – 12.30 \| R1**<br>SixPack<br>**(M/F)** | **11.15 – 12.15 \| R1**<br>Definitions-Training<br>mit Schlingen<br>**(G/M)** |
| **18.00 – 19.00 \| R1**<br>Zumba<br>**(G/M/F)** | | **18.00 – 19.00 \| R1**<br>Balance<br>**(G/M/F)** | **18.15 – 20.00 \| R1**<br>Zumba Spezial<br>Stretching & Cool Down<br>**(G/M/F)** | **18.00 – 19.30 \| R1**<br>Functional Workout<br>**(M/F)** | | **11.30 – 12.30 \| R2**<br>Spinning<br>**(G/M/F)** |
| **18.30 – 19.30 \| R2**<br>Spinning **(G/M)**<br>**19.30 – 20.30 \| R2**<br>Spinning **(G/M/F)** | **18.30 – 19.30 \| R1**<br>ToSo X<br>**(G/M/F)** | **19.00 – 20.00 \| R1**<br>M.A.X. + Bauch intensiv<br>**(G/M/F)** | | | | |
| **19.00 – 20.00 \| R1**<br>Bodystyling<br>Bauch/Beine/Po<br>**(G/M/F)** | **19.30 – 20.15 \| R1**<br>Definitions-Training<br>**(M)** | | **18.30 – 19.30 \| R2**<br>Spinning<br>**(G/M/F)** | **18.00 – 19.15 \| R3**<br>Rücken – Yoga<br>**(G/M/F)** | | |
| **19.00 – 20.15 \| R3**<br>Yogilates<br>**(G/M)** | **20.15 – 21.00 \| R1**<br>Pilates<br>**(G/M/F)** | **18.00 – 19.30 \| R3**<br>Rücken – Yoga /<br>Hatha Yoga<br>**(M/F)** | **19.30 – 20.30 \| R2**<br>Spinning<br>**(G/M/F)** | **19.15 – 20.30 \| R3**<br>Yoga<br>für Einsteiger<br>**(G)** | | |
| **20.00 – 21.00 \| R1**<br>Wirbelsäulengymnastik<br>**(G/M/F)**<br>Körperwahrnehmungsschulung<br>in **gerader** Woche: mit Sling | | **19.30 – 21.00 \| R3**<br>Rücken – Yoga /<br>Hatha Yoga<br>**(M/F)** | | | | |
| **20.15 – 21.30 \| R3**<br>Hatha Yoga<br>**(G/M)** | | | **18:30 – 20:00 \| R3**<br>Tai Chi Chuan & Qigong<br>**(M/F)** | | | |

**Kursräume:**

**R1** – Großer Kursraum
**R2** – Spinningraum
**R3** – Kleiner Raum / Japanischer Raum

Stand: 05.11.2019