

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
Move	Shape	Move	Shape	Move	Shape	Move	Shape	Move	Shape	Move	Shape	Move	Shape
9.15 Step 2			9.00 Aqua Fitness		9.00 Aqua Fitness		9.00 Aqua Fitness		8.45 Aqua Fitness				
10.15 Bodyshape		10.15 Bodyshape		10.15 Rückenschule	9.45 Aqua Fitness	10.00 Pilates		10.00 Pilates	9.00 BeBo Fit		13.00 Aqua Fitness	10.30	
11.15 Yoga		11.15 Rückenschule 45 min.		11.15 Bauch				11.00 Yoga			13.45 Aqua Fitness	11.30 Bauch, Beine, Po	11.30 Rückenschule
										15.00 Bodyshape			
								16.00 Bauch, Beine, Po		16.00 Press & Pull Workout			
17.00 Step 1	17.30	17.30		17.00 Bodyshape	17.30	17.00 Step 1	17.30	17.00 Step 2					
18.00 Bodyshape	18.30 Rückenschule	18.30 Bodyshape		18.00 Powerstep	18.30 Rückenschule	18.00 Bodyshape	18.00 Yoga (90 Min.)	18.00 Press & Pull Workout	18.00 Bodyshape				
19.00 Bauch	Yoga	18.30 Dance-Step	18.30 Rückenschule	19.00 Taebo	18.30 Pilates	19.00 Powerstep	19.00 Tai Chi		19.00 Bauch				
19.30 Press & Pull Workout	19.30 Pilates	19.30 Zumba		20.00 Press & Pull Workout	19.30 Bauch	20.00 Bodyshape							
					20.00 Yoga								

Indoor Cycling

	16.00 Cardio Cycling 45	9.15 Cardio Cycling 45		9.15 Easy Fatburner 60		11.00 Cardio Cycling 60
18.00 Top Race 60	18.00 Easy Fatburner 45	18.00 Cardio Cycling 45		17.00 Cardio Cycling 45	16.30 Cardio Cycling 60	12.15 Easy Fatburner 45
19.30 Cardio Cycling 60	19.00 Cardio Cycling 60	19.00 Easy Fatburner 60	18.30 Cardio Cycling 60	18.00 Cardio Cycling 60		

■ Für Einsteiger und Fortgeschrittene geeignet.

■ Für leicht Fortgeschrittene geeignet.

■ Für Fortgeschrittene geeignet.

■ Für Fortgeschrittene geeignet.
Choreographisch anspruchsvolle Stunde!

■ Im Schwimmbad