

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 55 MIN Athletic Yoga Ania	09:00 55 MIN LM BODYPUMP Alex G.	07:00 55 MIN LM BODYBALANCE Jenni	07:00 55 MIN Athletic Yoga Ania	08:00 50 MIN Healthy Back Jacek	08:30 90 MIN Fun 4 Kids* Stephan	10:00 50 MIN Pilates Natalia
09:00 30 MIN Step Basic Ania	10:00 50 MIN Pilates Alex G.	09:00 50 MIN Latino Solo Anna	08:00 55 MIN Functional Training Ania	08:00 30 MIN Sling Training Team	10:00 50 MIN Cycling Alex G.	11:00 50 MIN Freek Step Natalia
09:30 30 MIN Step Ania	11:00 45 MIN Aqua Fit* Alex G.	10:00 50 MIN Body Shape Anna	09:00 60 MIN Faszientraining Ania	09:00 30 MIN Body Shape x-press Jacek	11:00 55 MIN LM BODYPUMP Alex G.	12:00 45 MIN Aqua Fit* Natalia
10:00 50 MIN Cycle Experience Ania	16:00 50 MIN Healthy Back Natalia	11:00 45 MIN Aqua Fit* Anna	17:00 50 MIN Dance Marlena	10:00 55 MIN LM BODYCOMBAT Sophie	12:00 45 MIN Aqua Fit* Alex G.	12:00 55 MIN LM BODYPUMP Mitch
17:00 50 MIN Pilates Natalia	17:00 50 MIN Body Shape Natalia	17:00 30 MIN Kletterwand EF. Team	18:00 50 MIN ZUMBA Marlena	11:00 45 MIN Aqua Intervall* Natalia	13:00 120 MIN Pooltime 4 Kids* Natalia	13:00 55 MIN LM BODYCOMBAT Huong
18:00 50 MIN Freek Step Natalia	18:00 50 MIN ZUMBA Katja	18:00 50 MIN Pilates Estera	18:00 30 MIN Functional Circle Team	12:00 45 MIN Aqua Fit* Natalia	15:00 45 MIN Aqua Intervall* Natalia	
19:00 55 MIN LM BODYPUMP Vivien	18:00 45 MIN Aqua Fit* Natalia	19:00 60 MIN Hatha Yoga Estera	19:00 55 MIN LM BODYCOMBAT Huong	17:00 50 MIN Body Shape Alex S.	16:00 45 MIN Aqua Fit* Natalia	
19:00 45 MIN Aqua Fit* Natalia	19:00 55 MIN LM BODYPUMP Saskia	20:00 55 MIN LM BODYPUMP Mitch	20:00 55 MIN LM BODYPUMP Huong	18:00 50 MIN High Int. Training Alex S.	17:00 55 MIN LM BODYBALANCE Sophie	
20:00 55 MIN LM BODYBALANCE Vivien	19:00 45 MIN Aqua Intervall* Natalia			19:00 50 MIN FunctionalFit Connor		
20:00 45 MIN Aqua Intervall* Natalia	20:00 55 MIN LM BODYCOMBAT Saskia			20:00 50 MIN Boxing Connor		

F: Fläche | P: Pool | *: Anmeldung erforderlich | EF: Einführung | **LM**LES MILLS

GÜLTIG AB
28
NOV
2018



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ÖFFNUNGSZEITEN

Montag 06:00-23:00h Dienstag 06:00-23:00h Mittwoch 06:00-23:00h Donnerstag 06:00-23:00h Freitag 06:00-23:00h Samstag 08:00-21:00h Sonntag 08:00-21:00h