

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 55 MIN Pilates Leon	08:00 60 MIN Morning Flow Yoga Eva	08:00 60 MIN Morning Flow Yoga Eva	10:00 50 MIN Fatburner Anna D.	08:00 50 MIN Healthy Back Jacek	08:45 60 MIN Musical Dance Workout Leon	10:00 45 MIN Aqua Fit Olli P
09:00 55 MIN Pound Leon	10:00 55 MIN Mobility Training Anna D.	09:00 50 MIN Faszientraining Anna D.	11:00 55 MIN ABS & Stretch Anna D.	09:00 30 MIN Core x-press Jacek	10:00 50 MIN  ZUMBA Katja	11:00 45 MIN Aqua Fit Olli P
10:00 55 MIN Healthy Back Niels	11:00 50 MIN Aqua Fit Anna D. P	10:00 55 MIN Pilates Anna D.	12:00 50 MIN Aqua Fit Anna D. P	10:00 50 MIN Body Shape Jacek	10:00 55 MIN  ZUMBA Leon P	12:00 55 MIN  BODYPUMP Mitch
10:05 55 MIN  ZUMBA Leon P	16:00 50 MIN Cycling Olli	11:00 50 MIN Body Shape Niels	17:00 50 MIN Dance Gabriela	18:00 55 MIN  BODYATTACK Nhi	11:00 55 MIN  BODYATTACK Nhi	13:00 55 MIN  BODYBALANCE Janice
11:00 50 MIN Body Shape Niels	17:00 55 MIN  BODYBALANCE Janice	12:00 45 MIN Aqua Fit Niels P	18:00 50 MIN  ZUMBA Gabriela	19:00 30 MIN Bauch x-press Nhi	11:00 55 MIN  ZUMBA Leon P	
12:00 45 MIN Aqua Fit Niels P	17:00 45 MIN Aqua Fit Olli P	14:00 60 MIN  ZUMBA Leon P		19:30 55 MIN Stretch & Relax Nhi		
17:00 55 MIN Bauch Beine Po Eva	18:00 50 MIN  ZUMBA Katja	15:05 60 MIN  ZUMBA Leon P				
18:00 55 MIN Power Yoga Eva	18:00 45 MIN Aqua Fit Olli P	16:15 60 MIN Musical Dance Workout Leon				
19:00 55 MIN  BODYPUMP Mitch	19:00 55 MIN  BODYPUMP Saskia	17:30 55 MIN Pilates Estera / Heidi				
20:00 50 MIN  ZUMBA Sophia	20:00 55 MIN  BODYCOMBAT Saskia	18:30 75 MIN Yoga Estera / Heidi				
		20:00 55 MIN  BODYPUMP Mitch				

F: Fläche | P: Pool |  **LES MILLS**

GÜLTIG AB
01
MAI
2022



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ÖFFNUNGSZEITEN

Montag 06:00-24:00h Dienstag 06:00-24:00h Mittwoch 06:00-24:00h Donnerstag 06:00-24:00h Freitag 06:00-24:00h Samstag 08:00-21:00h Sonntag 08:00-21:00h