

# KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 50 MIN Mobility / Stretching Alexandra	07:00 60 MIN Morning Flow Yoga Anna	07:00 60 MIN Morning Flow Yoga Anna	07:00 55 MIN ZUMBA GOLD Katja	08:00 50 MIN Healthy Back Jacek	09:00 55 MIN Morning Flow Yoga Suzi	10:00 45 MIN Aqua Fit Olli <b>P</b>
09:00 50 MIN Fatburner Alexandra	09:00 45 MIN Power Circle Team <b>F</b>	09:00 50 MIN Latin Solo Anna D.	08:00 55 MIN Circle Training Alexandra	09:00 30 MIN Core x-press Jacek	10:00 50 MIN ZUMBA Katja	11:00 45 MIN Aqua Fit Olli <b>P</b>
10:00 55 MIN Pilates Niels	10:00 55 MIN Mobility Training Anna D.	10:00 55 MIN Pilates Anna D.	09:00 60 MIN Mobility / Stretching Alexandra	10:00 50 MIN Body Shape Jacek	11:00 45 MIN Aqua Fit Olli <b>P</b>	12:00 55 MIN LM <b>BODYPUMP</b> Mitch
11:00 50 MIN Body Shape Niels	11:00 45 MIN Aqua Fit Anna D. <b>P</b>	11:00 50 MIN Body Shape Niels	10:00 50 MIN Fatburner Anna D.	18:00 55 MIN LM <b>BODYATTACK</b> Nhi	18:00 45 MIN HIIT Derya	13:00 55 MIN LM <b>BODYBALANCE</b> Edda
12:00 45 MIN Aqua Fit Niels <b>P</b>	17:00 45 MIN Aqua Fit Olli <b>P</b>	12:00 45 MIN Aqua Fit Niels <b>P</b>	11:00 50 MIN ABS & Stretch Anna D.	19:00 55 MIN Bauch Beine Po Nhi	19:00 50 MIN ZUMBA Derya	
16:00 55 MIN Bauch Beine Po Nhi	18:00 50 MIN ZUMBA Katja	17:30 55 MIN Pilates Ester / Heidi	12:00 45 MIN Aqua Fit Anna D. <b>P</b>	20:00 55 MIN Pilates Nhi		
17:00 55 MIN LM <b>BODYATTACK</b> Nhi	18:00 45 MIN Aqua Fit Olli <b>P</b>	18:30 75 MIN Yoga Ester / Heidi	17:00 50 MIN Dance Marlena			
18:00 55 MIN Pilates Nhi	19:00 55 MIN LM <b>BODYPUMP</b> Saskia	20:00 55 MIN LM <b>BODYPUMP</b> Mitch	18:00 50 MIN ZUMBA Marlena			
19:00 50 MIN LM <b>BODYPUMP</b> Mitch	19:00 45 MIN Aqua Zumba Katja <b>P</b>		19:00 55 MIN LM <b>BODYCOMBAT</b> Huong			
	20:00 55 MIN LM <b>BODYCOMBAT</b> Saskia		20:00 55 MIN LM <b>BODYPUMP</b> Huong			

F: Fläche | P: Pool | **LM LESMILLS**

GÜLTIG AB  
**01**  
JULI  
2021



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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