

# GROUPFITNESS



## MONTAG

Zeit	Stunde	Saal
09:00-09:50	Strong Back	1
09:00-09:50	Cardio Toning	2
10:00-12:00	Astanga Yoga	1
10:00-10:25	ABS-Attack	2
10:30-12:00	Caribbean Dance	2
14:00-14:30	M.A.X.	1
14:30-15:00	Core & Floor	1
15:00-15:15	Stretch & Relax	1
<b>17:30-18:20</b>	<b>Cardio Toning</b>	<b>1</b>
18:00-18:25	ABS-Attack	2
18:30-19:20	Pump It Up	1
18:30-19:20	Strong Back	2
18:20-18:40	Aqua XL	Pool
18:40-19:20	Aqua Fitness	Pool
19:30-20:20	Pilates	2
19:30-20:30	Cycling Cross Country	3
19:30-20:00	Box-Intro	1
20:00-21:00	Fit Boxing	1

## DIENSTAG

Zeit	Stunde	Saal
09:00-10:15	Cardio Toning	1
09:00-10:15	Pilates Power	2
10:30-12:00	Astanga Intro	1
10:30-11:20	Zumba	2
10:30-11:30	HIT Cycling	3
10:30-11:10	Aqua Fitness	Pool
11:10-11:30	Aqua XL	Pool
17:00-17:50	Back Health	1
<b>17:30-18:20</b>	<b>Salsa</b>	<b>2</b>
18:00-18:25	CORE	1
18:00-18:20	Aqua XL	Pool
18:20-19:00	Aqua Fitness	Pool
18:30-19:20	Body Sculpt + Stretch	1
18:30-19:20	Shaolin Gong Fu	2
18:30-18:55	Cycling Starters	3
19:00-20:00	Cycling Challenge	3
19:30-21:00	Vinyasa Flow Yoga	1
19:30-20:30	Shaolin Tai Chi	2

## MITTWOCH

Zeit	Stunde	Saal
09:00-09:50	M.A.X. & Sculpt	1
09:00-10:15	Qi Gong	2
09:50-10:15	Core & Floor	1
10:30-11:30	Antara®	1
10:30-12:00	Ayur Yoga	2
11:30-11:55	Stretch & Relax	1
12:00-12:50	BeBo®	2
12:00-12:20	Aqua XL	Pool
12:20-13:00	Aqua Fitness	Pool
18:00-19:15	Power Circle XL	1
18:00-18:50	Strong Back	2
19:00-19:25	ABS-Attack	2
19:30-20:30	Thai Boxing	1
19:30-20:20	Pump It Up	2
20:30-20:55	ABS-Attack	1

## DONNERSTAG

Zeit	Stunde	Saal
08:00-08:50	Pump It Up	1
09:00-10:15	Power Circle XL	1
09:00-09:50	Back & Stretch	2
09:00-10:00	Fatburning Cycling	3
10:05-10:30	CORE	2
<b>10:30-11:20</b>	<b>Pilates</b>	<b>1</b>
10:30-11:10	Aqua Fitness	Pool
10:45-12:00	Latin Mix	2
18:00-18:50	Cardio Toning	1
18:00-18:50	Dance Groove	2
18:30-19:10	Fatburning Cycling 40'	3
19:00-19:25	CORE	1
19:00-20:30	Fusion Yoga	2

## FREITAG

Zeit	Stunde	Saal
08:45-10:15	Astanga Yoga	2
09:00-09:50	Pump It Up	1
10:00-10:25	ABS-Attack	1
10:30-11:20	Back Health	1
10:30-11:20	Body Sculpt	2
10:30-11:30	Interval Cycling 60'	3
11:30-12:10	Aqua Fitness	Pool
16:45-17:45	Antara®	2
17:00-17:50	Body Sculpt	1
17:45-18:00	Stretch	2
18:00-18:50	Pilates Power	1

## SAMSTAG

Zeit	Stunde	Saal
09:00-10:30	Traditional Astanga Yoga	2
<b>09:00-09:40</b>	<b>Aqua Fitness</b>	<b>Pool</b>
10:00-10:50	Cardio Toning	1
10:50-11:15	Core & Floor	1
16:00-17:15	All U Can Dance	1
<b>17:15-17:40</b>	<b>Core</b>	<b>1</b>
<b>17:45-18:35</b>	<b>Functional Fit</b>	<b>1</b>

**Gültig ab 13.01.2020  
neu im Programm = rot**

## SONNTAG

Zeit	Stunde	Saal
09:30-10:20	Strong Back	1
10:30-11:20	Body Sculpt	1
11:20-11:45	Core & Floor	1
<b>15:00-17:00</b>	<b>Play &amp; Fun Corner KIDS</b>	<b>1</b>
<b>17:00-18:30</b>	<b>Ballroom Dancing</b> Anmeldung!	<b>1</b>
18:00-18:50	Body Sculpt	2
19:00-19:25	CORE	2
18:30-20:00	Astanga Yoga	1
19:30-20:30	Cycling CrossCountry	3

## INFORMATION

Feiertagsprogramm: 09:30 Strong Back/  
10:30 Body Sculpt/ 11:20 Core & Floor  
18:00 Body Sculpt/ 18:30 Astanga Yoga/  
19:00 Core/ 19:30 Cycling Cross Country

Wegen Urlaub oder Krankheit eines  
Trainers kann es zu kurzfristigen Änderungen  
kommen. Information am TV-Screen.

Im Saal Handtuchpflicht & Indoorschuhe!

Gruppenstunden ab **drei** Teilnehmern

Während der Kurse gilt absolutes Handyverbot!