

Montag

10.30 - 11.30
Rücken
Andrea 1

10.30 - 11.00
Wassergymnastik
3

11.30 - 12.30
Bodystyling
Andrea 1

11.30 - 12.30
¾ Dance
Stephanie B.2

17.00 - 18:15
Yoga
Michele 1

18.30 - 19.30
Bodystyling
Michele 1

18.30 - 19.30
Indoor Cycling
Marc 2

18.30 - 19.15
Aqua jogging
3

19.30 - 20.30
Pilates
Michele 1

Dienstag

8.30 - 09.30
BBP
Stephanie B. 1

9.30 - 10.30
Rückenfitness
Sven 1

9.30 - 10.30
Balance Workout
Stephanie B. 2

10.30 - 11.30
Yoga Rücken
Caren 1

11.30 - 12.30
Yoga Rücken
Caren 1

11.30 - 12.15
Aqua jogging
3

17.30 - 18.30
Zumba
Sarah

18.30 - 19.30
Push it!
Stefan 1

18.30 - 19.15
Aqua - Fit
July 3

19.30 - 20.30
Körperstabilisierung 1
Stefan 1

Mittwoch

10.30 - 11.30
Pilates
Stephanie B. 1

10.30 - 11.00
Wassergymnastik
3

11.30 - 12.30
Qi Gong
Stephanie B. 1

11.30 - 12.15
Aqua jogging
3

18.30 - 19.30
Bodystyling
Andrea 1

19.30 - 20.30
Rückenfitness
Andrea 1

19.30 - 20.15
Aqua jogging
3



Legende:

1 - großer
Kursraum

2 - Kleiner
Kursraum

3 - Wasser/
Erlebnisbereich

Offene
Kurse

Kraft

Ausdauer

Entspannung

Kursvoranmeldung über mywellness app notwendig !!

Donnerstag

08.30 - 09.30
Dance Fit
Stephanie B. 1

09.30 - 10.30
Rückenfitness
Stephanie B 1

10.00 - 11.00
Yoga
Michele 2

11.15 - 12.15
Yoga
Michele 1

11.30 - 12.15
Aqua jogging
3

17.30 - 18.30
Pilates
Andrea 1

18.30 - 19.30
Push It
Andrea 1

18.30 - 19.15
Aqua jogging
3

19.30 - 20.30
Yoga
Beate 1

Freitag

10.30 - 12.00
Fitness Trio
Stephanie 1

10.30 - 11.00
Wassergymnastik
3

18.00 - 19.00
Bootcamp
Benny/Marcus1

18.30 - 19.15
Aqua jogging
3



Samstag

Sonntag

10.30 - 11.30
Zumba
Antonia/Katja 1

11.30 - 12.30
Bodystyling
Antonia/Katja 1

16.30 - 17.30
Tai Chi
Hoang 1