

Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09:00 - 10:00 Pilates Allegro					
				10:00 - 11:00 Pilates Allegro	10:15 - 11:00 Aqua Fitness
11:00 - 12:30 Outdoor Yoga		11:00 - 11:45 Aqua Fitness	11:15 - 12:15 Pilates Allegro		
11:30 - 12:15 Aqua Fitness				11:30 - 12:15 Aqua Fitness	
12:15 - 13:00 Aqua Fitness	12:15 - 13:00 Aqua Fitness		12:15 - 13:00 Aqua Fitness		
	16:00 - 17:00 Yoga	16:00 - 17:00 Pilates Classic			
17:00 - 18:00 Pilates Allegro		17:30 - 18:30 Functional Fitness			
	18:00 - 18:45 Aqua Fitness		18:30 - 19:30 Spinning	18:00 - 19:00 Aqua Fitness	18:00 - 19:00 Functional Fitness
18:30 - 19:15 Aqua Fitness		18:45 - 19:30 Aqua Power <small>für Mitglieder</small>			19:00 - 19:45 Aqua Zumba <small>für Mitglieder</small>
	20:00 - 20:45 Aqua Zumba <small>für Mitglieder</small>				

Änderungen vorbehalten