MONTAG

Schwimmbad
9:00 - 9:45
Kräftigende Aquafitness (flach)

Schwimmbad
9:45 - 10:30
Kräftigende Aquafitness (flach)

Schwimmbad
10:30 - 11:15
Kräftigende Aquafitness (flach)

Fitness
9:30 - 10:30
Indoor Cycling

Fitness
18:00 - 19:00
Les Mills Body Pump

Fitness
19:15 - 20:15
Les Mills Body Combat

Fitness
20:15 - 21:15
Zumba

DIENSTAG

Schwimmbad
9:30 - 10:15
AQUA Fit 50+ (flach)

Schwimmbad
10:15 - 11:00
AQUA Fit 50+ (flach)

Schwimmbad
18:15 - 19:00
AQUA Workout (flach)

Schwimmbad
19:00 - 19:45
AQUA Fitness (tief)

Fitness
9:30 - 10:30
Core & Stability

Fitness
10:30 - 11:30
Mobility Stretching

Fitness
17:15 - 18:15
BodyMix

Fitness
18:00 - 19:00
Faszien-training

Fitness
18:15 - 19:00
Jumping Fitness/ Step Fitness
im wöchentlichen Wechsel

Fitness
19:15 - 20:30
Let´s Hiit it Circle

MITTWOCH

Fitness
8:30 - 9:30
Funktionell & Stark

Fitness
9:45 - 10:45
Rücken Fit

Fitness
17:40 - 18:40
Les Mills Body Combat

Fitness
18:45 - 20:00
Pilates für den Rücken

Fitness
20:00 - 21:00
Zumba

DONNERSTAG

Fitness
9:30 - 10:15
Rücken Vital

Fitness
10:15 - 11:15
Yoga Basis

Fitness
17:30 - 18:30
Les Mills Body Pump

Schwimmbad
18:30 - 19:15
AQUA Vital (flach)

Schwimmbad
19:25 - 20:10
AQUA Bike

Schwimmbad
20:15 - 21:00
AQUA Bike

Fitness
18:45 - 19:45
Vinyasa Yoga

Fitness
20:00 - 21:00
Let´s Hiit it

FREITAG

Schwimmbad
9:00 - 9:45
AQUA Fitness (flach)

Schwimmbad
9:45 - 10:30
AQUA Fitness (tief)

Fitness
9:30 - 10:30
Generation Aktiv

Fitness
10:35 - 11:50
Pilates

Fitness
17:15 - 18:15
Indoor Cycling

Fitness
18:30 - 19:30
Les Mills Body Combat

SAMSTAG

Fitness
9:30 - 10:30
Funktionelles Rücken-training

Fitness
10:45 - 11:45
Indoor Cycling

SONNTAG

Fitness
10:00 - 11:00
Funktionell & Stark

Fitness
10:30 - 11:30
Sunday Special*

Fitness
11:30 - 12:30
Body Workout

*Wöchentlicher Wechsel zwischen Step und funktionalem Training