

# AEROBICRAUM 1

MO	DI	MI	DO	FR	SA	SO
8.30-9.15 Step-Fatburner A	8.30-9.15 WS-Gymnastik E, A, Reha	8.30-9.30 Pilates E, A	8.30-9.15 WS-Gymnastik E, A, Reha	8.30-9.15 WS-Gymnastik E, A, Reha		
9.15-10.15 Bauch-Beine-Po+ A	9.15-10.15 Step-Fun M, F	9.30-10.15 WS-Gymnastik E, A, Reha	9.15-10.15 Bodystyling A	9.15-10.15 Bauch-Beine-Po A	9.15-10.00 Reha-Faszientraining E, A, Reha	
10.15-11.00 Faszientraining E, A	10.15-11.00 WS-Gymnastik E, A, Reha	10.15-11.00 Reha-Faszientraining E, A, Reha	10.15-11.00 WS-Gymnastik E, A, Reha	10.15-11.00 WS-Gymnastik E, A, Reha	10.30-11.15 Bauch-Beine-Po+ A	10.00-11.15 Power Mix A
					11.15-12.00 Kurs nach Aushang A	
17.45-19.00 Power Mix A	17.30-18.15 deepWORK A	17.30-18.30 Bauch-Beine-Po A	17.30-18.30 Bodystyling A	17.30-18.15 Bauch-Beine-Po A		
19.00-19.15 Stretch & Relax E, A	18.15-19.15 Muscle Power A	18.30-19.30 Tabata A	18.30-19.15 WS-Gymnastik E, A, Reha	18.15-19.00 Step-Fatburner A		
19.15-20.15 Zumba E, A	19.30-20.15 Reha-Faszientraining E, A, Reha					
20.15-21.00 WS-Gymnastik E, A, Reha						

# AEROBICRAUM 2

MO	DI	MI	DO	FR	SA	SO
	8.30-9.15 WS-Sitzgymnastik E, A, Reha	8.30-9.45 Yoga E, A	8.45-9.30 WS-Sitzgymnastik E, A, Reha			
	9.15-10.15 Pilates E, A, Liste*		9.30-10.15 WS-Sitzgymnastik E, A, Reha			
	10.15-11.00 WS-Sitzgymnastik E, A, Reha		10.15-11.15 Pilates E, A, Liste*			
			17.30-18.45 Vinyasa Flow Yoga E, A, Liste*			
19.15-20.15 Pilates E, A	18.30-19.45 Yoga E, A	18.30-19.30 Pilates E, A	19.00-20.15 Vinyasa Flow Yoga E, A, Liste*			

Kurse haben die Reha-Zulassung

\*Liste: Anmeldung 1 Woche vorher möglich

# INDOOR CYCLING

MO	DI	MI	DO	FR	SA	SO
		9.30-10.30 Intervall A		9.00-10.00 Intervall A		
18.30-19.30 Intervall A	18.00-19.00 Easy Go/Fatburner A		18.30-19.30 Fatburner A			

E = Einsteiger

A = Alle

M = Mittelstufe

F = Fortgeschrittene

Indoor Cycling