



AQUAVITAL

aquaFit

Freude an Gesundheit

AQUA-KURSE

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
12:15 – 13:10 aquaCircle	09:00 – 09:45 aquaFitness Tiefwasser	09:15 – 10:00 Funkt. aquaFitness	07:10 – 07:55 aquaFitness	08:45 – 09:45 aquaCycling	09:15 – 10:00 aquaFitness Tiefwasser	10:30 – 11:25 aquaPower
13:15 – 14:00 aquaFitness	09:55 – 10:40 aquaFitness Fortgeschrittene	10:30 – 11:30 aquaCycling	09:00 – 09:30 aquaFitness Tiefwasser	09:55 – 10:40 aquaFitness Fortgeschrittene	10:10 – 10:55 aquaFitness	11:35 – 12:30 aquaCircle
14:30 – 15:30 aquaCycling	11:15 – 12:00 aquaFitness	18:00 – 18:45 aquaFitness Einsteiger	09:40 – 10:25 aquaFitness	10:45 – 11:30 aquaFitness		
16:30 – 17:00 aquaFitness Tiefwasser	17:00 – 17:55 aqua Special	18:55 – 19:50 aquaFitness	10:35 – 11:20 aquaFitness Einsteiger	18:15 – 19:15 aquaCycling		
17:10 – 17:55 aquaFitness	18:05 – 18:50 aquaCircle		18:00 – 18:45 aquaFitness			
18:30 – 19:25 aquaBoxing	19:00 – 19:45 aquaBootcamp		19:00 – 19:45 aquaBootcamp			