



aquaFit

FITNESSKURSE

Freude an Gesundheit

FITNESS-KURSE

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30 – 10:25 Pilates	10:00 – 10:55 Core & Stretch	09:30 – 10:25 Kinetik	10:00 – 10:55 bodyFit	09:15 – 10:10 Core & Stretch	09:00 – 9:55 Langhantel Technik <small>jeden 1. Samstag im Monat</small>	10:00 – 10:55 Core & Stretch
10:30 – 11:25 bodyFit		10:30 – 11:25 Mixed Workout		10:30 – 11:25 Funktionelles Faszientraining	10:00 – 11:00 Hot Iron™	
12:00 – 12:30 Sturzprävention	16:30 – 17:25 Funktionelles Faszientraining	16:00 – 16:55 medicalFit	18:00 – 18:55 Zumba®	12:00 – 12:30 Sturzprävention	11:05 – 12:00 Zumba®	13:00 – 13:55 Pilates
17:00 – 17:55 Pilates	17:00 – 17:55 Power Gym	17:00 – 17:55 medicalFit	19:00 – 19:55 bodyAttack	17:00 – 17:25 Bauch total		
18:00 – 18:55 Crossfitness	18:00 – 18:55 Fatburner Step	18:00 – 18:55 Crossfitness		17:30 – 18:25 Power Gym		
19:00 – 20:00 Hot Iron™		19:00 – 19:55 bodyFit				