

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>NEU</b> 9:00 – 9:30 <b>CrossWork</b> Functional-Area, Maurice	9:30 – 10:30 <b>Fatburner-Workout</b> Studio 1, Susan	9:00 – 10:00 <b>INJOY-Rückenprogramm</b> Studio 1, Bettina	<b>NEU</b> 7:45 – 8:45 <b>Yoga „Entspannt in den Tag“</b> Studio 1, Susan	9:00 – 9:30 <b>Faszientraining</b> Studio 1, Susan	10:30 – 11:30 <b>BauchBeinePo</b> Studio 1, Gudrun	
9:00 – 10:00 <b>Vital &amp; Fit</b> Studio 1, Bettina	10:30 – 11:30 <b>Pilates</b> Studio 1, Susan	10:00 – 11:00 <b>Blackroll-Faszientraining</b> Studio 1, Bettina	<b>NEU</b> 9:00 – 9:30 <b>CrossWork</b> Functional-Area, Jan	9:30 – 10:15 <b>ZUMBA ©</b> Studio 1, Susan	11:30 – 12:30 <b>Dance</b> Studio 1, Gudrun	
10:00 – 11:00 <b>Fatburner-Workout</b> Studio 1, Susan		10:30 – 11:00 <b>Bauch</b> Studio 1, Bettina	11:00 – 12:00 <b>Yoga</b> Studio 1, Marc	10:15 – 11:15 <b>Bodystyling</b> Studio 1, Susan		11:30 – 13:00 <b>Workout</b> Studio 1, Bärbel
				10:00 – 11:00 <b>Aquagymnastik*</b> im Maritim, Petra		
				16:00 – 17:00 <b>ZUMBA ©</b> Studio 1, Steffi	<b>an jedem 1. Samstag im Monat</b>	
<b>NEU</b> 17:00 – 17:30 <b>Kraft Intervall</b> Studio 2, Svenja	<b>NEU</b> 17:00 – 18:00 <b>Fatburner-Workout</b> Studio 1, Arame	<b>NEU</b> 17:00 – 18:00 <b>Step For Everybody</b> Studio 1, Lena	<b>NEU</b> 18:00 – 19:00 <b>Fatburner-Cycling*</b> Studio 3, Dominik	17:00 – 18:00 <b>Fatburner-Workout</b> Studio 1, Gudrun	15:00 – 16:00 <b>Dance</b> Studio 1, Susan	
17:00 – 18:00 <b>ZUMBA ©</b> Studio 1, Juliana	<b>NEU</b> 18:00 – 19:00 <b>ThaiBo</b> Studio 1, Arame	17:00 – 18:00 <b>Aquagymnastik*</b> im Maritim, Bettina	18:00 – 19:00 <b>Pilates</b> Studio 1, Bettina	18:00 – 19:00 <b>Step II</b> Studio 1, Gudrun		
17:30 – 18:00 <b>Bauch</b> Studio 2, Svenja	18:00 – 19:00 <b>Fatburner-Cycling*</b> Studio 3, Andy	<b>NEU</b> 17:15 – 17:45 <b>ZUMBA Basic ©</b> Studio 3, Susan	<b>NEU</b> 19:00 – 19:30 <b>CrossWork*</b> Functional-Area, Frederik	18:00 – 19:00 <b>Boxconditioning</b> Studio 2, Sascha		
18:00 – 19:00 <b>Pump-Attack</b> Studio 2, Juliana	18:00 – 18:30 <b>Jump-Fit-Workout*</b> Jump Club, Jan	<b>NEU</b> 18:00 – 19:00 <b>BauchBeinePo</b> Studio 2, Lena	<b>NEU</b> 19:00 – 20:00 <b>Pump-Attack</b> Studio 1, Dominik			
18:00 – 19:00 <b>Intervall-Fatburner</b> Studio 1, Svenja	19:00 – 20:00 <b>CrossWork*</b> Functional-Area, Maurice	18:00 – 19:00 <b>ZUMBA ©</b> Studio 1, Susan				<b>* wegen begrenzter Teilnehmerzahl ist eine Anmeldung erforderlich</b>
19:00 – 20:00 <b>Bodystyling</b> Studio 1, Juliana	19:00 – 20:30 <b>Rückenfit &amp; Stretching</b> Studio 1, Bärbel	19:00 – 19:30 <b>Bauch</b> Studio 1, Susan				<b>Die Kurse finden ab 4 Teilnehmern statt</b>
19:00 – 20:00 <b>Yogilates</b> Studio 2, Susan		19:30 – 20:00 <b>Pump-Attack</b> Studio 1, Susan				<b>Änderungen vorbehalten!</b>
20:00 – 20:30 <b>Faszientraining</b> Studio 2, Susan		19:00 – 20:00 <b>Bauch &amp; Rückenworkout</b> Studio 2, Bärbel				
		20:00 – 21:00 <b>Yoga</b> Studio 1, Susan				