

	MONDAY MONTAG	TUESDAY DIENSTAG	WEDNESDAY MITTWOCH	THURSDAY DONNERSTAG	FRIDAY FREITAG	SATURDAY SAMSTAG	SUNDAY SONNTAG
MORNING MORGENS	Aqua Fitness 9:30 - 10:15	Yoga * 7:30 - 8:30	Cycling 7:30 - 8:15	Yoga * 7:30 - 8:30	Aqua Fitness 9:45 - 10:30	Kids Swimming Class* 9 - 12:50	
	Cx-Worx 9:30 - 10	Body Pump 9:30 - 10:15	Cx-Worx 9:30 - 10	GAP (Glutes, Abs, Legs, Bo, Beinen, Po) 9:30 - 10:15	Cycling 10:30 - 11:15	Sh'bam 9:30 - 10:15	
	Body Attack 10 - 10:45	Body Balance 10:30 - 11:15	Pilates 10:15 - 11		Back Rücken Gym 11:30 - 12:15	GAP (Glutes, Abs, Legs, Bo, Beinen, Po) 10:15 - 11	
AFTERNOON NACHMITTAGS	Kids Swimming Class* 17:45 - 19:15	Kids Swimming Class* 18 - 21	Cx-Worx 17:45 - 18:15	Kids Swimming Class* 18 - 21	Kids Swimming Class* 18 - 21	SGA 16:30 - 17:20	
	Cx-Worx 17:30 - 18	Power Jump 18 - 18:45	Body Pump 18:25 - 19:15	GAP (Glutes, Abs, Legs, Bo, Beinen, Po) 18 - 18:45	Body Attack 18:30 - 19	Sprint 17:30 - 18	
	Body Pump 18:10 - 19	Sh'bam 18:45 - 19:30	Adult Swimming Class* 19:00 - 20:00	Zumba 18 - 18:45	Body Pump 19:10 - 20:00		
	Body Combat 19:10 - 20	Cx-Worx 19 - 19:30	Functional Circuit 19:15 - 20:15	Power Jump 18:45 - 19:30	Functional Circuit 19 - 20		
	Sprint 19:15 - 19:45	Box Training 19:30 - 20:15	Body Combat 19:15 - 20:10	Cx-Worx 19 - 19:30	Cycling 20 - 20:45		
	Adult Swimming Class* 19:15 - 20	Body Attack 19:30 - 20:15	Aqua Fitness 20 - 20:45	Hiit 19:30 - 20			
	Aqua Fitness 20 - 20:45	Yoga * 19:30 - 21	Cycling 20:15 - 21	Yoga * 19:30 - 21			
	Hiit 20 - 20:30	Ball Pilates 20:20 - 21:20	Stretching 20:15 - 21	Body Balance 20:10 - 21			
	Body Balance 20 - 20:50						

This timetable may be changed with notice.
 * Private Classes with extra payment.
 Zeitplan kann mit Kündigung geändert werden.
 * Privatunterricht mit Zuschlag.

- Toning Tönen
- Cardio
- Body & Soul
- Core
- Dance Tanz
- Indoor Pool
Hallenbad
- Kids Kinder
- Others Andere