

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
07.30 - 08.15 Aquafitness *	08.00 - 08.45 Hydro Power *	08.30 - 09.15 Aquafitness *	08.00 - 08.45 Hydro Power 60+*	07.30 - 08.15 Aquafitness *
08.30 - 09.15 Aquafitness *	09.00 - 09.45 Aquafitness *	09.30 - 09.45 Knie-Hüft-Spezial	09.00 - 09.45 WS- Stabilitraining	08.30 - 09.15 Hydro Power 60+ *
09.30 - 10.15 Fit in die Woche	10.00 - 10.45 Bauch-Beine-Po	10.00 - 10.45 Sport 60+	10.00 - 10.45 Uhr Aquafitness *	09.30 - 10.15 Yoga
	11.30 - 12.15 Pilates	11.00 - 11.45 Aquafitness *		10.30 - 11.15 Tanzgymnastik
				10.30 - 11.15 Faszientraining
18.00 - 18.45 Bauch-Beine-Po	18.00 - 18.45 Bauch-Beine-Po	18.00 - 18.45 Body Form	18.00 - 18.45 Faszientraining	18.00 - 18.45 Body Form
18.00 - 18.45 Aroha NEU	19.00 - 19.45 Zumba Fitness	19.00 - 19.45 Cycling	19.00 - 19.45 Wirbelsäulengymnastik	19.00 - 19.45 Cycling
19.00 - 19.45 Body Form	20.00 - 20.45 Aqua Zumba *	19.00 - 19.45 Yoga	20.00 - 20.45 Hydro Power *	
19.30 - 20.15 Hydro Power *		20.00 - 20.45 Hydro Power *		
20.00 - 20.45 Cycling		20.00 - 20.15 Bauch Spezial		

** Bitte weitere Informationen zur Anmeldung beachten.*

Kursplan