

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
8.15 – 9.15 Hatha Yoga*					
9.30 – 10.15 Rücken Fit	9.00 – 10.15 Rücken Yoga	9.45 – 10.45 Pilates	9.15 – 10.00 Fit 50 Plus	9.30 – 10.30 Workout	11.45 – 12.45 Flying Dance
10.30 – 11.30 Rücken Fit	10.20 – 11.35 Rücken Yoga		10.15 – 11.00 Fit 50 Plus		13.00 – 14.30 Intensiv Yoga
17.45 – 18.25 Zumba					
17.30 – 18.15 Faszientraining**	17.30 – 18.15 Functional Training		15.15 – 16.15 Senioren Yoga*		Sonntag
18.30 – 19.15 Qigong**	18.30 – 19.15 Jumping	17.45 – 18.25 Zumba	16.20 – 17.20 Active Aging Yoga*	17.00 – 17.45 Zumba	
18.30 – 19.15 Bauch-Beine-Po	19.30 – 20.30 Langhantel Training	18.30 – 19.30 Workout	17.25 – 18.25 Hatha Yoga	18.00 – 19.00 Functional Training	10.30 – 11.30 Booty Workout
19.30 – 20.30 Rücken & Entspannung**		19.40 – 20.40 Spinning	18.30 – 19.15 Bauch-Beine-Po		
19.30 – 20.15 Bauch-Beine-Po			19.30 – 20.30 Rücken Fit	* Findet nicht in den Ferien statt * Finden im VIP-Raum statt	Stand: 08/2020