



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	Babyschwimmen (*) 10:00 – 11:10	Yoga am Morgen 08:30 – 09:30		Aqua-Fitness 09:00 – 09:45
	Kinderschwimmen (*) 14:50 – 16:30	Aqua AOK (*) 11:50 – 12:35		Aqua-Fitness 15:45 – 16:30
				Cycling 15:45 – 16:45
	Cycling 17:00 - 18:00	Strong Nation 17:15 – 18:15	Piloxing 17:10 – 18:10	Schlingentraining 17:00 – 18:00
Aqua-Fitness 18:00 – 18:45	Aqua-Fitness 18:00 – 18:45	Pilates 18:30 – 19:30	Aqua AOK (*) 18:30 – 19:15	Tanz dich fit! 18:00 – 19:00
Yin Yoga 19:00 – 20:15	Aqua-Fitness 18:50 – 19:35	Aqua Lip-& Lymphödem 18:45 – 19:30	Yoga 19:00 – 20:15	Core & Mobility 18:00 – 19:00
Bauch-Beine-Po 19:30 – 20:30		Rücken – Fit 19:30 – 20:15	Zirkeltraining 19:00 – 20:00	