

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
				Aqua-Fitness (B) 9:00 – 10:00
*Babyschwimmen (B) 09:55-10:30 3-6 Mon. 10:00-10:30 3-6 Mon. 10:45-11:15 7-12 Mon.		*Babyschwimmen (B) 12:25-12:55 7-12 Mon. 13:00-13:30 3-6 Mon.		
				Aqua-Fitness (B) 15:00-16:00
				Kinder-Ballett (2) 15.45-16.45 Uhr
				Indoor Cycling (1) 15:45-16:45
	Indoor Cycling (1) 17:00-18:00			Schlingentraining (1) 17:00-18:00
Aqua-Fitness (B) 18:00-19:00	Step & Style 18:30-20:00	STRONG by Zumba (1) 17:30 – 18:30		Cardio Challenge 17:30-18:30
Funktionsgymnastik 18:00 – 19:00	Aqua-Fitness (B) 18:00-19:00	Cardio Challenge 18:30-19:30	Powerstretch 17:45-18:45	Zumba Gold (2) 18:00-19:00
Piloxing (1) 19:00-20:00	19:15-20:15 Aqua-Fitness (B)	AOK Aqua-Fitness 18:00-18:45 (Blockweise)	Functional Circuit 19:00-20:00	
Bauch-Beine-Po (1) 19:30-20:30		Rücken – Fit 19:30-20:15	Yoga (2) 18:50-19:50	

(1)= Kursraum 1
(2)= Kursraum 2
(B)= Beweg.bad
* Blockkurse 10x
Änd. möglich!!!!
Stand: 04/19