

Kursprogramm Januar 2019 ab 05.01.19 Workout - Wasserwelt



1 Studio 1 2 Studio 2 4 Funktionale Trainingszone ! Geänderte Kurszeit POLAR Herzfrequenzgesteuertes Training

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.00 - 10.00 RÜCKEN-FIT (1)	08.30 - 09.00 STEP I (1) POLAR	08.15 - 08.55 LANGHANTELTRAIN. (1)	08.45 - 10.15 YOGA (1)	08.30 - 09.20 POLAR AEROBIC I (1)	10.00 - 11.00 AROHA (1)	09.30 - 10.15 AQUA FIT
08.45 - 09.45 PILATES (2)	09.00 - 09.30 TABATA(1) POLAR	09.00 - 09.50 Ü50 BBP (2)	10.00 - 10.45 AQUA FIT	09.30 - 09.55 BBP EXPRESS (1)	11.00 - 12.00 RÜCKEN-FIT (1)	10.00 - 11.00 CYCLE (2) POLAR
10.00 - 10.30 STRETCH & RELAX (1)	09.30 - 10.00 ! FASZIENTRAINING (1)	09.00 - 09.50 ZUMBA® (1) POLAR		10.00 - 10.55 PILATES (1)		11.30 - 12.30 SURPRISE (1)
10.00 - 10.25 TRX® (4)	10.00 - 10.45 AQUA FIT	10.00 - 10.50 RÜCKEN-FIT (1)		11.00 - 11.30 STRETCH & RELAX (1)		
		10.10 - 10.55 POLAR FATBURNER CYCLE(2)				
		13.00 - 13.45 AQUA FIT	13.00 - 13.45 TIEFEN-AQUA *	16.00 - 16.45 POLAR FATBURNER CYCLE (2) !		13.00 - 14.00 DANCEHALL FITNESS (1)
17.00 - 17.25 BAUCH-FIT (1)	17.30 - 17.55 BAUCH FIT (1)	16.30 - 17.20 STEP FATBURNER (1)		16.00 - 16.30 BAUCH-FIT (1)	16.30 - 17.30 SURPRISE (1)	15.00 - 16.10 CYCLE (2) POLAR
17.30 - 18.00 TABATA (1) POLAR	17.30 - 17.45 POLAR CYCLE EINFÜHR. (2)	17.00 - 17.25 BAUCH-FIT (2)	17.00 - 17.55 LANGHANTELTRAIN. (2)	16.30 - 17.30 PILATES (1)	18.00 - 18.45 AQUA FIT	16.00 - 16.30 FASZIEN TRAINING (1)
17.30 - 18.20 STEP FATBURNER (2)	17.45 - 18.35 CYCLE (2) POLAR	17.00 - 17.45 ! AQUA FIT	17.15 - 17.40 BAUCH-FIT (1)	17.30 - 18.30 KICKBOX WORKOUT (1)		16.30 - 17.45 PILATES (1)
18.00 - 19.00 RÜCKEN-FIT (1)	18.40 - 19.30 CYCLE (2) POLAR	17.30 - 18.30 HOT IRON (2)	17.45 - 18.55 FLOW YOGA (1)	18.00 - 19.30 CYCLE (2) POLAR		18.00 - 18.45 AQUA FIT
18.30 - 19.40 HATHA FLOW YOGA (2)	18.00 - 18.25 TABATA (1) POLAR	17.30 - 18.25 PILATES (1)	18.10 - 19.10 CYCLE (2) POLAR			
19.00 - 20.00 ZUMBA® (1) POLAR	18.00 - 18.45 AQUA FIT	18.00 - 18.25 TRX® (4)	19.00 - 19:45 NEU! RÜCKEN-FIT (1)			
19.45 - 20.45 CYCLE (2) POLAR	19.00 - 20.30 FLOW YOGA (1)	18.30 - 19.30 RÜCKEN-FIT (2)	19.15 - 20.15 DEEPWORK (2)			
20.00 - 20.45 AQUA FIT		18.30 - 19.30 STEP CHOREOG. (1)	19.45 - 20:30 ! BBP (1)			
		19.30 - 20.00 BBP & STRETCH (1)	* MAX. 25 TEILNEHMER			