

Kursprogramm März2019 Workout - Wasserwelt



1 Studio 1 2 Studio 2 3 SoccaFive® Arena 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 AEROBIC I (1) POLAR | 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 FASZIEN TRAINING (1) | 09.00 - 09.50 POLAR ZUMBA® (1) | | 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) | | |
| 10.00 - 11.00 POLAR DRUMS ALIVE (2) | | 10.00 - 10.50 POLAR FATBURNER CYCLE (2) | | | | |
| | | 13.00 - 13.45 AQUA FIT | 13.00 - 13.45 AQUA FIT | 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) | 17.00 - 18.00 NEU! FUßBALL TRAINING (3) | 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 | 15.45 - 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) | 17.00 - 17.45 NEU! EMS GROUP CLASS (2) * | | 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) | 17.30 - 18.30 KICKBOX WORKOUT (1) | | 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 | 18.00 - 19.30 CYCLE (2) POLAR | | |
| 19.00 - 20.00 ZUMBA® (1) POLAR | 18.00 - 18.45 AQUA FIT | 18.00 - 18.25 TRX® (4) | 19.00 - 19:50 ! 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) | 19.50 - 20.40 ! BBP (1) | | | |
| | | 19.30 - 20.00 BBP & STRETCH (1) | | | | |
| | | 19.30 - 20.20 NEU! M.A.X. (2) | | * NUR MIT VORANMELDUNG 15 EURO | | |