

Kursprogramm Juli 2019 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)	09.00 - 09.25 STEP I (2)	08.15 - 08.55 LANGHANTELTRAIN. (1)	08.45 - 10.15 YOGA (1)	08.30 - 09.20 AEROBIC I (1) POLAR		09.30 - 10.15 AQUA FIT
08.45 - 09.45 PILATES (2)	09.30 - 09.55 BBP EXPRESS (2)	09.00 - 09.50 Ü50 BBP (2)	10.00 - 10.45 AQUA FIT	09.30 - 09.55 BBP EXPRESS (1)		10.00 - 11.00 CYCLE (2) POLAR
10.00 - 10.30 STRETCH & RELAX (1)	10.00 - 10.45 AQUA FIT	09.00 - 09.50 POLAR ZUMBA® (1)		10.00 - 10.55 PILATES (1)		10.30 - 11.45 PILATES (1)
10.00 - 11.00 POLAR DRUMS ALIVE (2) NEU!	10.00 - 10.50 CYCLE (2) POLAR	10.00 - 10.50 RÜCKEN-FIT (1)		11.00 - 11.30 STRETCH & RELAX (1)		11.45 - 12.30 FASZIEN TRAINING (1)
		10.00 - 10.50 POLAR FATBURNER CYCLE(2)				
		13.00 - 13.45 AQUA FIT	13.00 - 13.45 AQUA FIT			
17.00 - 17.25 BAUCH-FIT (1)	17.30 - 17.55 BAUCH FIT (1)	16.30 - 17.20 STEP FATBURNER (1)		16.00 - 16.45 POLAR FATBURNER CYCLE (2)		13.00 - 14.00 DANCEHALL FITNESS (1)
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)	16.00 - 16.30 BAUCH-FIT (1)		14.00 - 15.00 NEU! WORKOUT-BOXEN (1)
17.30 - 18.20 STEP FATBURNER (2)	17.45 - 19.00 CYCLE (2) POLAR	17.30 - 18.30 HOT IRON I (2)	17.15 - 17.40 BAUCH-FIT (1)	16.30 - 17.45 PILATES (1)	18.00 - 18.45 AQUA FIT	18.00 - 18.45 AQUA FIT
18.00 - 19.00 RÜCKEN-FIT (1)	18.00 - 18.50 X-TREME TOTAL BODY (1)*	17.30 - 18.25 PILATES (1)	17.45 - 18.55 FLOW YOGA (1)	17.00 - 17.45 EMS GROUP CLASS (2) *		
18.30 - 19.40 HATHA FLOW YOGA (2)	18.00 - 18.45 AQUA FIT	18.00 - 18.25 TRX® TABATA (4)	18.10 - 19.10 CYCLE (2) POLAR	17.45 - 18.30 BBP (1)		
19.00 - 20.00 ZUMBA® (1) POLAR	19.00 - 20.00 HOT IRON II (2)	18.30 - 19.30 RÜCKEN-FIT (1)	19.15 - 20.15 DEEPWORK (2)	19.00 - 20.00 NEU! WORKOUT-BOXEN (1)		
19.45 - 20.45 CYCLE (2) POLAR	19.00 - 20.30 FLOW YOGA (1)					
20.00 - 20.45 AQUA FIT						
	* BEGRENZTE TEILNEHMERZAHL MAX. 16 TEILNEHMER			* NUR MIT VORANMELDUNG 15 EURO		