

# Kursprogramm September 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
08.45 - 09.45 PILATES (2)	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) <b>POLAR</b>	10.30 - 11.30 <b>NEU!</b> HOT IRON I (2)	09.30 - 10.15 AQUA FIT
09.00 - 10.00 RÜCKEN-FIT (1)	09.30 – 09.55 BBP EXPRESS (2)	09.00 - 09.50 Ü50 BBP (2)	09.15 - 09.45 <b>NEU!</b> KOORD..TRAINING (2)	09.30 – 09.55 BBP EXPRESS (1)	11.30 - 12.30 <b>NEU!</b> CYCLE (2) <b>POLAR</b>	10.00 - 11.00 CYCLE (2) <b>POLAR</b>
10.00 - 10.30 STRETCH & RELAX (1)	10.00 – 10.45 AQUA FIT	09.00 - 09.50 <b>POLAR</b> ZUMBA® (1)	10.00 - 10.45 AQUA FIT	10.00 – 10.55 PILATES (1)		10.30 - 11.45 PILATES (1)
10.00 – 10.25 <b>NEU!</b> TRX® (4)	10.00 – 10.50 CYCLE (2) <b>POLAR</b>	10.00 - 10.50 RÜCKEN-FIT (1)		10.00 – 11.00 <b>NEU!</b> LANGHANTELTRAIN.(2)		11.30- 12.30 <b>NEU!</b> SURPRISE (2)
		10.00- 10.50 <b>POLAR</b> FATBURNER CYCLE(2)		11.00 - 11.30 STRETCH & RELAX (1)		11.45 - 12.30 FASZIEN TRAINING (1)
		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)	17.00 - 17.55 LANGHANTELTRAIN. (2)	16.00 – 16.45 <b>POLAR</b> FATBURNER CYCLE (2)	15.30 – 16.30 AROHA (1)	13.00 - 14.00 DANCEHALL FITNESS (1)
17.30 – 18.00 TABATA (1) <b>POLAR</b>	17.30 – 18.20 <b>!</b> CYCLE (2) <b>POLAR</b>	17.00 – 17.25 BAUCH-FIT (2)	17.00 - 18.00 <b>NEU!</b> FUßBALLTRAINING (3)	16.00 - 16.30 BAUCH-FIT (1)	16.30 – 17.30 RÜCKEN FIT (1)	14.00 – 15.00 WORKOUT-BOXEN (2)
17.30 – 18.20 STEP FATBURNER (2)	18.00 - 18.50 X-TREME TOTAL BODY (1)*	17.30 - 18.30 HOT IRON II (2)	17.15 – 17.40 BAUCH-FIT (1)	16.30 – 17.45 PILATES (1)	18.00 – 18.45 AQUA FIT	15.00 - 15.25 <b>NEU!</b> TRX® (4)
18.00 - 19.00 RÜCKEN-FIT (1)	18.00 - 18.45 AQUA FIT	17.30 – 18.25 PILATES (1)	17.45 – 18.55 HATHA YOGA (1)	17.00 – 17.45 EMS GROUP CLASS (2) *		18.00 - 18.45 AQUA FIT
18.30 – 19.40 HATHA FLOW YOGA (2)	18.25– 19.15 <b>!</b> CYCLE (2) <b>POLAR</b>	18.00 - 18.25 TRX® FORTGESCHR.(4)	18.10 – 19.10 CYCLE (2) <b>POLAR</b>	17.45 – 18.30 BBP (1)		
19.00 - 20.00 ZUMBA® (1) <b>POLAR</b>	19.15 - 20.15 <b>!</b> IRON CROSS (2)	18.30 - 19.30 RÜCKEN-FIT (1)	19.00 – 19.50 RÜCKEN FIT (1)	18.00 – 19.30 <b>NEU!</b> CYCLE (2) <b>POLAR</b>		
19.45 – 20.45 CYCLE (2) <b>POLAR</b>	19.00 - 20.30 FLOW YOGA (1)	18.30 - 19.30 STEP CHOREO. (2)	19.15 – 20.15 DEEPWORK (2)	19.30 – 20.30 <b>!</b> WORKOUT-BOXEN (2)		
20.00 – 20.45 AQUA FIT		19.30 - 20.30 DANCEHALL FIT. (1)	19.50 – 20.40 BBP (1)			
	* BEGRENZTE TEILNEHMERZAHL MAX. 16 TEILNEHMER			* NUR MIT VORANMELDUNG 15 EURO		