

Kursprogramm März 2020 Workout - Wasserwelt



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

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08.45 - 09.45 PILATES (2)	09.00 – 10.00 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 - 10.30 MEDITATION & ENTSPANNUNG (1)	09.30 - 10.15 AQUA FIT
09.00 - 10.00 RÜCKEN-FIT (1)	10.00 – 10.25 BBP EXPRESS (2)	09.00 - 09.50 Ü50 BBP (2)	09.15 - 09.45 KOORDINATIONS TRAI. (2)	09.30 – 09.55 BBP EXPRESS (1)	10.30 - 11.30 HOT IRON I (2)	10.00 - 11.00 CYCLE (2) POLAR
10.00 - 10.30 STRETCH & RELAX (1)	10.00 – 10.45 AQUA FIT	09.00 - 09.50 ZUMBA® (1) POLAR	10.00 - 10.45 AQUA FIT	10.00 – 10.55 PILATES (1)	11.30 - 12.30 CYCLE (2) POLAR	10.30 - 11.45 PILATES (1)
10.00 – 10.25 TRX® (4)	10.30 – 11.30 CYCLE (2) POLAR	10.00 - 10.50 RÜCKEN-FIT (1)		10.00 – 11.00 LANGHANTELTRAIN.(2)		11.45 - 12.55 ! YOGA / STRETCH (1)
10.00 – 11.00 WORKOUT LIGHT (2)		10.00- 10.45 POLAR FATBURNER CYCLE(2)		11.00 - 11.30 STRETCH & RELAX (1)		
10.30 – 11.00 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)	15.30 - 16.30 STRONG BY ZUMBA (2)	15.30 – 16.30 AROHA (1)	13.00 - 14.00 DANCEHALL FITNESS (1)
17.30 – 18.00 TABATA (1) POLAR	17.30 – 18.20 CYCLE (2) POLAR	17.00 – 17.25 BAUCH-FIT (2)	17.00 – 17.45 EMS GROUP CLASS (1) *	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 I (2)	17.45 – 18.55 HATHA YOGA (1)	16.30 – 17.45 PILATES (1)	18.00 – 18.45 AQUA FIT	15.00 - 15.25 TRX® (4)
18.00 - 19.00 RÜCKEN-FIT (1)	18.00 - 18.45 AQUA FIT	17.30 – 18.25 PILATES (1)	18.10 – 19.10 CYCLE (2) POLAR	17.45 – 18.30 STRETCH & RELAX (1)		15.30 - 15.55 BAUCH-FIT (1)
18.30 – 19.40 HATHA FLOW YOGA (2)	18.25– 19.15 CYCLE (2) POLAR	18.00 - 18.25 TRX® FORTGESCH. (4)	19.00 – 19.50 RÜCKEN FIT (1)	18.00 – 19.30 CYCLE (2) POLAR		15.30 - 16.40 CYCLE (2) POLAR
19.00 - 20.00 ZUMBA® (1) POLAR	19.15 - 20.15 HOT IRON II (2)	18.30 - 19.30 RÜCKEN-FIT (1)	19.15 – 20.15 DEEPWORK (2)	19.00 – 19.25 NEU! TRX® (4)		18.00 - 18.45 AQUA FIT
19.45 – 20.45 CYCLE (2) POLAR	19.00 - 20.30 FLOW YOGA (1)	18.30 - 19.30 SKI GYM (2)	19.50 – 20.40 BBP (1)	19.30 – 20.30 WORKOUT-BOXEN (2)		
20.00 – 20.45 AQUA FIT		19.30 - 20.30 DANCEHALL FIT. (1)				
			* NUR MIT VORANMELDUNG 15 EURO			