

* Teilnahme nur mit vorheriger Anmeldung über die Workout Wasserwelt App

(1) = Kursraum 1 (2) = Kursraum 2 (3) = Trainingsfläche Erhältlich im App Store oder bei Google Play



| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------------------------------------------------|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------|---------|--------------------------------------------------|
| 09.00 – 10.00 PILATES (2) SASKIA | | 09.00 – 09.50 * BBP (2) GABY | 09.00 – 10.15 YOGA (1) JANA | 09.00 – 10.00 WALKING & STRETCH ÖLPER SEE / STEFFI | | 10.00 – 11.00 * CYCLE (2) |
| 09.00 – 09.55 * RÜCKEN-FIT (1) STEFFI | 10.00 - 11.00 CYCLE (2) STEFFI | 09.00 – 09.50 ZUMBA® (1) STEFFI | 10.00 - 10.25 * AQUA-POWER SASKIA | 09.30 – 09.55 BBP-EXPRESS (1) SANDRA | | 10.15 – 10.40 * AQUA-POWER |
| 10.00 – 10.25 STRETCH & RELAX (1) STEFFI | 10.00 – 10.25 * AQUA-POWER | 10.00 – 10.50 * RÜCKEN-FIT (1) GABY | 10.30 - 10.55 * AQUA-POWER SASKIA | 10.00 – 10.55 PILATES (1) SANDRA | | 10.45 – 11.10 * AQUA-POWER |
| 10.10 – 10.40 TRX® (3) SASKIA | 10.30 – 10.55 * AQUA-POWER | 10.00 – 10.50 LANGHANTEL (2) STEFFI | | | | 10.30 – 11.40 * PILATES (1) CLAUDIA |
| | | | | | | 11.45 – 13.00 * YOGA / STRETCH (1) CLAUDIA |
| 17.00 - 17.25 BAUCH-FIT (2) DANI | | | | | | |
| 17.30 - 18.20 * STEP-FATBURNER (2) DANI | 17.30 - 18.45 * CYCLE (2) JÖRG | 17.00 - 17.25 BAUCH-FIT (1) CLAUDIA | | 16.30 - 16.55 BAUCH-FIT (1) CLAUDIA | | 13.05 – 14.05 JAMFYA (1) DAVE |
| 17.30 - 18.20 * RÜCKEN-FIT (1) ALEX | 18.00 – 18.25 * AQUA-POWER | 17.00 - 17.50 BBP (2) DANI | 17.00 - 17.55 XTREME BODY- (1) WORKOUT / ALEX | 17.00 - 18.15 * PILATES (1) CLAUDIA | | 17.30 – 17.55 * AQUA-POWER |
| 18.30 – 19.25 ZUMBA® (1) STEFFI | 18.30 – 18.55 * AQUA-POWER | 17.30 - 18.40 * YOGA-STRETCH (1) CLAUDIA | 18.00 - 18.55 * TABATA-BAUCH ALEX (1) | 17.30 - 18.25 BOX-WORKOUT (2) ALEX | | 18.00 – 18.25* AQUA-POWER |
| 19.00 – 20.00 CYCLE (2) MAREIKE | 19.00 - 20.15 FLOW-YOGA (1) DANIEL | 18.00 - 18.50 * STEP-FATBURNER (2) DANI | 19.00 - 19.45 RÜCKEN-FIT (1) ALEXANDRA | 18.30 - 19.30 CYCLE (2) BIANCA | | |
| 19.30 – 20.45 YOGA (1) JULIANE | 19.00 - 20.00 HOT IRON I (2) OXANA | 18.45 - 19.45 RÜCKEN-FIT (1) SASKIA | 19.50 - 20.35 BBP (1) ALEXANDRA | 18.30 - 18.55 TRX® (3) ALEX | | |
| 20.00 – 20.25 * AQUA-POWER KATHRIN | | | | | | |
| 20.30 – 20.55 * AQUA-POWER KATHRIN | | * Alle Kurse mit Sternchen bitte mit Voranmeldung über unsere Workout Wasserwelt App (da die Teilnehmerzahl begrenzt ist). Es muss bitte zu jedem Kurs eine eigene Matte und Handtuch mitgebracht werden. | | | | |

