

Es gelten folgende Regeln:

- 1 Person = 1 Kurs pro Tag
- Wahrung der Hygieneregeln.
- Maskenpflicht
- Handtuchpflicht
- Wenn vorhanden eigene Matte mitbringen.
- Pro Tag entweder 1 Kurs oder 1 Flächenbesuch.

Es gibt weiterhin Online-Kurse auf Youtube!



MONTAG	Raum 1	Raum 2	Loft	Aqua	TF/Studio	DIENSTAG	Raum 1	Raum 2	Loft	Aqua	TF/Studio	MITTWOCH	Raum 1	Raum 2	Loft	Aqua	TF/Studio			
		RS Gym 8:00 - 8:45		Aqua REHA 7:20 - 8:05				Muscle Fit 9:30 - 10:25			Aqua Rücken 8:30 - 9:25					RS Gym 8:00 - 8:45			Aqua Rücken 8:00 - 8:55	
	Rücken 9:30 - 10:25			Aqua Rücken 9:30 - 10:25						Pilates 10:30 - 11:25	Aqua Rücken 9:30 - 10:25				Thrill X 9:00 - 9:55				Aqua Rücken 9:00 - 9:55	
		RS Gym 10:30 - 11:15	Iyengar Yoga 10:30 - 11:55	Aqua Rücken 10:30 - 11:25							Aqua Fit 10:30 - 11:25							Thrill Silence 10:00 - 10:55	Aqua Power 10:00 - 10:55	
		RS Gym 11:30 - 12:15							RS Gym 12:00 - 12:45		Aqua Rücken 12:00 - 12:55								Aqua Rücken 11:00 - 11:55	
		COPD 13:00 - 13:55									Aqua Rücken 13:00 - 13:55					Neuro 12:30 - 13:25			Aqua Rücken 12:00 - 12:55	
		COPD 14:00 - 14:55		Seepferdchen 14:30 - 15:15					KNRS 14:00 - 14:55								RS Gym 13:00 - 13:45		Seepferdchen 14:30 - 15:15	
		Neuro 15:00 - 15:55		Seepferdchen 15:30 - 16:15				COPD 15:00 - 15:55	Kids Dance 3-5J. 15:00 - 15:55										Seepferdchen 15:30 - 16:15	
				Schwimmfestigung 16:30 - 17:15				COPD 16:00 - 16:55	Ballet 6-7J. 17:00 - 17:55									Skollose Kids 16:30 - 17:15		
	Rücken 17:00 - 17:55		Myofascial Stretch 17:00 - 17:55	Aqua Rücken 17:30 - 18:25				Rücken 17:00 - 17:55	Hip Hop 16:00 - 16:55	Blackroll 17:30 - 17:55	Aqua Rücken 17:30 - 18:25					Bodystyling 17:00 - 17:55	RS Gym 17:00 - 17:45	Ashtanga Yoga 17:30 - 18:55	Aqua Rücken 17:30 - 18:25	
Bodystyling 18:00 - 18:55			Aqua Surprise 18:30 - 19:25			Fitboxen 18:00 - 18:55	Cycle 18:00 - 19:25	Pilates 18:00 - 18:55	Aqua Fit 18:30 - 19:25	Bauch Express 18:00 - 18:25		Thrill X 18:00 - 18:55	Cycle 18:00 - 18:55		Aqua Rücken 18:30 - 19:25					
Fatburner 19:00 - 19:55	Cycle 19:00 - 19:55	autog. Training 19:00 - 19:55	Aqua Rücken 19:30 - 20:25			Meridian Flow 19:00 - 19:55	Tabata 19:30 - 20:25	Rekish Yoga 19:00 - 20:25	Aqua Rücken 19:30 - 20:25			Muscle Fit 19:00 - 19:55	Zumba 19:00 - 19:55	Rücken 19:00 - 19:55	Aqua Power 19:30 - 20:25					
Muscle fit 20:00 - 20:55		Mental Yoga 20:00 - 20:55				Pilates TRX 20:00 - 20:55							Cycle 20:00 - 20:55	Pilates 20:00 - 20:55						

DONNERSTAG	Raum 1	Raum 2	Loft	Aqua	TF/Studio	FREITAG	Raum 1	Raum 2	Loft	Aqua	TF/Studio	SAMSTAG	Raum 1	Raum 2	Loft	Aqua	TF/Studio			
			Yoga 8:15 - 9:25	Aqua Rücken 8:00 - 8:55					RS Gym 7:30-8:15 & 8:30-9:15		Aqua REHA 7:20 - 8:05									
	Bodystyling 9:30 - 10:25			Aqua Rücken 9:00 - 9:55				Muscle Fit 9:30 - 10:25	Rücken 9:30 - 10:25		Aqua Rücken 9:00 - 9:55				Bodystyling 10:30 - 11:25		Stretch & Relax 10:30 - 11:25	Seepferdchen 10:10 - 10:55		
				Aqua Rücken 10:00 - 10:55				Pilates 10:30 - 11:25	Vital 10:30 - 11:25		Aqua Fit 10:30 - 11:25				Jazz Training 11:30 - 12:25		Yoga 11:30 - 12:25	Aqua 11:30 - 12:25		
				Aqua Rücken 11:00 - 11:55							Aqua Rücken 12:00 - 12:55									
		COPD 12:00 - 12:55																		
		RS Gym 13:00 - 13:45																		
											Seepferdchen 14:30 - 15:15								Hatha Yoga 16:00 - 17:25	
											Seepferdchen 15:30 - 16:15									
			Hatha Smooth Yoga 16:30 - 17:55	Aqua Fit 16:30 - 17:25							Schwimmfestigung 16:30 - 17:15									
			Aqua Rücken 17:30 - 18:25			Bodystyling 17:00 - 17:55		Hatha Yoga 17:30 - 18:55												
TRX 18:00 - 18:55	Stretch & Relax 18:00 - 18:55		Aqua Fit 18:30 - 19:25			Muscle Fit 18:00 - 18:55	Rücken 18:00 - 18:55		Aqua Pilates 18:00 - 18:55				Bodystyling 10:30 - 11:25		Yoga 10:30 - 11:55					
Fitboxen 19:00 - 19:55	Zumba 19:00 - 19:55	NEU					RS Gym 19:00 - 19:45						Pilates Stretch 11:30 - 12:25			Aqua 11:30 - 12:25				
																Aqua Rücken 15:30 - 16:25				
																Aqua 16:30 - 17:25				