| Uhrzeit | Mo | Di | Mi | Do | Fr | Sa |
|---|---|---|---|---|---|---|
| **Flex** | | **07.30**<br>**Power Pilates**<br>(45min)<br>Jutta | | | | |
| **09.30** | **AQUA Fitness**<br>(45min)<br>Evelyn | **AQUA Fitness**<br>(45min)<br>Evelyn | P **AQUA Fitness**<br>(45min)<br>Anita |  | **SeniorFit**<br>(50min)<br>Evelyn | **AQUA Fitness**<br>**(45min)**<br>**Evelyn** |
| **10.30** | **AQUA Fitness**<br>(45min)<br>Evelyn | **AQUA Fitness**<br>(45min)<br>Evelyn | P **AQUA Fitness**<br>(45min)<br>Anita | | **AQUA Fitness**<br>(45min)<br>Evelyn | **AQUA Fitness**<br>(45min)<br>Evelyn |
| **Flex** | |  | 11.30<br>**AQUA Fitness**<br>(45min)<br>Anita | 16.30<br>**AQUA Fitness**<br>(45min)<br>Maja | **15.30**<br>**Bauch Beine Po**<br>(50min)<br>Stephan | |
| **17.30** | **AQUA Fitness**<br>(45min)<br>Jannis | **Aqua Fitness**<br>(50min)<br>Jeanett | **Pump it up**<br>(55min)<br>Alicja | **AQUA Fitness**<br>(45min)<br>Maja | **16.30**<br>**Aqua Fitness**<br>(45min)<br>Stephan | |
| **18.30** | **Faszien Flex Flow**<br>(55min)<br>Olina | **Rückenfit**<br>(55min)<br>Jutta | **Zumba & Prosecco**<br>(60min)<br>Gini | **Pilates**<br>(55min)<br>Maja | | MYTIMEOUT<br>HEALTH \| RELAX \| BEAUTY |
| **19.30** | P **FunctionalFit**<br>(75min)<br>Benni | **Yoga Classic**<br>**(60min)**<br>Valeria | **Circl Mobility**<br>(50min)<br>Gini | **Mobility Yoga**<br>(60min)<br>Andrea | | P :Präventionskurs gemäß § 20 mit Voranmeldung |