

# Kursprogramm September 2018 Workout - Wasserwelt



1 Studio 1   2 Studio 2   3 SoccaFiveArena   4 Funktionale Trainingszone   ! Geänderte Kurszeiten   POLAR. Herzfrequenzgesteuertes Training

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.00 - 10.00 RÜCKEN-FIT (1)	08.30 - 09.00 STEP I (1) POLAR.	08.15 - 08.55 ! LANGHANTELTRAIN. (2)	08.45 - 10.15 YOGA (1)	08.30 - 09.20 POLAR. AEROBIC I (1)	10.00 - 11.00 AROHA (1)	09.30 - 10.15 AQUA FIT
08.45 - 09.45 PILATES (2)	09.00 - 09.30 TABATA (1) POLAR.	09.00 - 09.50 Ü50 BBP (2)	10.00 - 10.45 AQUA FIT	09.30 - 09.55 BBP EXPRESS (1)	11.00 - 12.00 RÜCKEN-FIT (1)	10.00 - 11.00 CYCLE (2) POLAR.
10.00 - 10.30 STRETCH & RELAX (1)	09.30 - 10.00 BBP (1)	09.00 - 09.50 ZUMBA® (1) POLAR.		10.00 - 10.55 PILATES (1)		11.30 - 12.30 SURPRISE (1)
10.00 - 11.00 POLAR. DRUMS ALIVE® (2)	10.00 - 10.30 FASZIEN TRAINING (1)	10.00 - 10.50 RÜCKEN-FIT (1)		11.00 - 11.30 STRETCH & RELAX (1)		
	10.00 - 10.45 AQUA FIT	10.10 - 10.55 POLAR. FATBURNER CYCLE (2)	13.00 - 13.45 AQUA FIT			
17.00 - 17.25 BAUCH-FIT (1)		13.00 - 13.45 AQUA FIT		16.00 - 16.30 BAUCH-FIT (1)	16.30 - 17.30 SURPRISE (1)	13.00 - 14.00 DANCEHALL FITNESS (1)
17.30 - 18.00 TABATA (1) POLAR.	17.30 - 17.55 BAUCH FIT (1)	16.30 - 17.20 STEP FATBURNER (1)	17.00 - 17.55 LANGHANTELTRAIN. (2)	16.30 - 17.30 PILATES (1)	18.00 - 18.45 AQUA FIT	15.00 - 16.10 <b>NEU!</b> CYCLE (2) POLAR.
17.30 - 18.20 STEP FATBURNER (2)	17.30 - 17.45 POLAR. CYCLE EINFÜHR. (2)	17.00 - 17.25 BAUCH-FIT (2)	17.00 - 18.00 FUßBALL TRAINING. (3)	17.30 - 18.30 KICKBOX WORKOUT (1)		16.00 - 16.30 FASZIEN TRAINING (1)
18.00 - 19.00 RÜCKEN-FIT (1)	17.45 - 18.35 ! CYCLE (2) POLAR.	17.00 - 17.45 ! AQUA FIT	17.15 - 17.40 BAUCH-FIT (1)	18.00 - 19.30 <b>NEU!</b> CYCLE (2) POLAR.		16.30 - 17.45 ! PILATES (1)
18.30 - 19.40 YOGA (2)	18.40 - 19.30 ! CYCLE (2) POLAR.	17.30 - 18.30 HOT IRON I (2)	17.45 - 18.55 YOGA (1)			18.00 - 18.45 AQUA FIT
19.00 - 20.00 ZUMBA® (1) POLAR.	18.00 - 18.25 TABATA (1) POLAR.	17.30 - 18.25 PILATES (1)	18.00 - 19.00 CYCLE (2) POLAR.			
19.45 - 20.45 CYCLE (2) POLAR.	18.00 - 18.45 <b>NEU!</b> TIEFEN AQUA*	18.00 - 18.25 TRX® (4)	19.05 - 20.05 <b>NEU!</b> DEEPWORK (2)			
20.00 - 20.45 AQUA FIT	19.10 - 20.30 YOGA (1)	18.30 - 19.30 RÜCKEN-FIT (1)				
		18.30 - 19.20 BBP (1)				
	<b>*MAX. 22 TEILNEHMER</b>	19.20 - 20.20 STEP I-II (1)				