



# AQUA-FITNESS-KURSE

Neues Programm  
ab Januar 2012!

	MO	DI	MI	DO	FR	SA	SO
7.30	AQUA BODYSTYLE ②		DYNAMISCHE MEDITATION F	AQUA BBP ②			
8.30							
9.30	AQUA JOGGING ②		AQUA JOGGING ②	AQUA JOGGING ②			
10.30	AQUA RÜCKENPOWER ②	AQUA POWER ③	AQUA KICK PUNCH ③	AQUA BBP ②	AQUA JOGGING ②	AQUA JOGGING ②	AQUA BBP ②
11.30	AQUA BBP ②	AQUA CYCLING ③	AQUA BODYSTYLE ②	AQUA BOUNCING ③	AQUA GYM ①	AQUA KICK PUNCH ③	AQUA POWER ③
12.30						AQUA BODYSTYLE ②	AQUA CYCLING ③
13.30					AQUA BODYSTYLE ②	AQUA RÜCKENPOWER ②	AQUA KICK PUNCH ③
14.30					AQUA POWER ③		
15.30	AQUA BBP ②	AQUA BODYSTYLE ②	AQUA BODYSTYLE ②	AQUA KICK PUNCH ③	AQUA BBP ②		
16.30	AQUA BODYSTYLE ②	AQUA BBP ②	AQUA POWER ③	AQUA RÜCKENPOWER ②	AQUA KICK PUNCH ③	AQUA POWER ③	AQUA BODYSTYLE ②
17.30	BODY WORKOUT F						
17.30	AQUA KICK PUNCH ③	AQUA POWER ③	AQUA BBP ②	AQUA BOUNCING ③	AQUA BOUNCING ③	AQUA BOUNCING ③	AQUA CYCLING ②
18.30	AQUA POWER ③	AQUA KICK PUNCH ③	AQUA STEP ②	AQUA BBP ②	AQUA BODYSTYLE ②		
18.30		AQUA JOGGING ②	AQUA JOGGING ②				
18.30	BBP F		PILATES F				
19.30		HATHA YOGA 1,5 STD. F	ZUMBA® F	POWER YOGA 1,5 STD. F			
19.30	AQUA CYCLING ③	AQUA CYCLING ③	AQUA POWER ③	AQUA CYCLING ③	AQUA RÜCKENPOWER ②		
19.30	AQUA JOGGING ②	AQUA POWER JOGGING *	AQUA JOGGING ②	AQUA POWER JOGGING ③			
20.30	AQUA BBP ②	AQUA BODYSTYLE ②	AQUA CYCLING ③	AQUA POWER ③			

## LEGENDE FITNESSLEVEL

① FÜR EINSTEIGER; 50 PLUS

② NORMALTRAINIERTE

③ FORTGESCHRITTENE

\* KURS BEGINNT UM 19.15 UHR

F FITNESS-FLOOR