







# KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:30 - 09:15 Aqua Fit	08:10 - 09:10  L 1-3	08:15 - 09:00 Aqua Reha Sport	08:20 - 09:05 Aqua Senioren	09:00 - 09:45 BPO L 1-2		
08:45 - 09:30  L 2-3	08:15 - 09:00 Aqua Reha-Sport	09:05 - 09:50 Aqua Reha Sport	09:00 - 10:30 YOGA	09:00 - 09:45 Aqua Kondition	13:30 - 15:00 YOGA	10:15 - 11:15 Weekend Power L 1-3
 09:35 - 10:20 Spinning L 1-2	09:05 - 09:50 Aqua BPO	09:15 - 10:00 Rücken Aktiv L 1-2	09:15 - 10:00 Aqua Senioren	09:50 - 10:50  L 1-3	15:15 - 16:00 Aqua Fit	
	09:15 - 10:00 Fit ab 50 L 1-2	10:05 - 10:50 Pilates L 1-2	10:15 - 11:00 Aqua Senioren	10:00 - 10:45 Aqua Biking		
	10:00 - 10:45 Aqua Biking	10:00 - 10:45 Aqua Reha Sport All-Plus		15:10 - 15:55 Reha Sport L1		
	10:15 - 11:00 Reha Sport L1	11:10 - 11:55 Reha Sport L1		16:00 - 16:45 Reha Sport L1		
	17:00 - 17:45 Aqua Reha-Sport	17:15 - 18:00 TRX & Functional L 3	17:20 - 18:05 POWER FIT-MIX L 2	16:50 - 17:40  L 1-3	16:30 - 17:15  AB 15.09.18	
17:45 - 18:30  L 1-3	17:45 - 18:40  L 1-3	16:45 - 17:30 Aqua Reha Sport		17:00 - 17:45 Aqua Biking		
18:15 - 19:00 Aqua Reha-Sport	18:00 - 18:45 Aqua Biking	18:05 - 18:50  L 1-3	18:10 - 18:55  L 1-3	17:45 - 18:40  L 1-3 fitness		
18:35 - 19:30 Power Dumbell L 2-3	18:45 - 19:30 Core-Training L 1-3	 18:55 - 19:40 Spinning L 1-3	19:00 - 19:30 Faszientraining L 1-2	18:00 - 18:45 Aqua Reha-Sport		
19:05 - 19:50 Aqua Reha-Sport	19:10 - 19:55 Aqua Power	19:10 - 19:55 Aqua Fit	19:35 - 20:20 Rücken Aktiv L 1-3	18:45 - 19:40 TRX & Functional L 3		
 19:35 - 20:35 Spinning L 1-3	19:35 - 20:35  L 1-3	19:45 - 20:30 Rücken Aktiv & Relax L 1-2		19:10 - 19:55 Aqua Power		
		20:10 - 20:55 Aqua Reha-Sport		 19:45 - 20:45 Spinning L 1-3		

Axis App  
Code



## Öffnungszeiten

Montag  
08:00-22:30

Dienstag  
08:00-22:30

Mittwoch  
08:00-22:30

Donnerstag  
08:00-22:30

Freitag  
08:00-22:30

Samstag  
13:00-18:00

Sonntag  
9:30-18:00

# NEU



**AXIS**  
07433 16327

**GÜLTIG AB 01.09.2018**

L 1 = leicht

L 2 = mittel

L 3 = schwer