



Öffnungszeiten
Mo-Fr 09:00-22:00
Sa & So 09:00-20:00

KURSPLAN

**FITNESS
PANORAMA**
SPRUDELHOF THERME

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Rücken Fit 9:30-10:15		Aqua Fit 9:30-10:10	Strong Body Workout 9:30-10:20	Hatha Yoga 9:30-10:45		
Stretching 10:20-10:40	Qi Gong 10:00-11:00	Fitte Wirbelsäule 10:30-11:20	Fit & Vital 10:30-11:20		Aqua Fit 10:00-10:40	
					Pilates 11:00-11:50	Strong Body Workout 11:00-11:50
Aktive Mittagspause 12:15-12:45	Aktive Mittagspause 12:15-12:45	Aktive Mittagspause 12:15-12:45	Aktive Mittagspause 12:15-12:45	Aktive Mittagspause 12:15-12:45		Stretching Flow 12:00-12:30
Gesunde Faszien 16:45-17:20	Dynamic Flow 16:30-17:20				Dance Pilates 16:30-17:20	
		Stretching Flow 17:15-17:45	Pilates 17:00-17:50			Dynamic Faszie 17:00-17:50
Aqua Fit 18:00-18:40	Bauch Beine Po 18:00-18:50	Strong Body Workout 18:00-18:50	Qi Gong 18:00-18:50	Rücken Fit 18:00-18:45		
	Rücken Express 19:15-19:35	Hatha Yoga 19:00-20:15	Dance Pilates 19:00-19:50	Phantasie Reise 19:00-20:15		
	Stretching Flow 20:15-20:45	Functional Fit 20:30-21:15				