

## Aerobic-Kurse (Raum 1)

| Montag                                                                                                                                                                                                                                                                                                            | Dienstag                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Mittwoch                                                                                                                                                                                                                                                                                                 | Donnerstag                                                                                                                                                                                                                                                                                                                          | Freitag                                                                                                                                                                                                                                                                                                   | Samstag                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">9:30 60min<br/>★ Wirbelsäule</div> <div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;">17:30 60min<br/>★ Wirbelsäule</div> <div style="border: 1px solid orange; padding: 5px;">18:30 60min<br/>Body-Fitness</div> | <div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;">9:30 60min<br/>BBP</div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">10:30 30min<br/>★ Rückenfit</div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">17:30 30min<br/>★ Rückenfit</div> <div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;">18:00 90min<br/>Fitness Total</div> <div style="border: 1px solid blue; padding: 5px;">19:30 60min<br/>Bauchtanz</div> | <div style="border: 1px solid purple; padding: 5px; margin-bottom: 10px;">17:30 60min<br/>Aerobic/Step</div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">18:30 60min<br/>★ Wirbelsäule</div> <div style="border: 1px solid blue; padding: 5px;">19:30 90min<br/>Zumba</div> | <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">9:30 60min<br/>Pilates</div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">10:30 30min<br/>Faszientraining</div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">17:30 60min<br/>Pilates/Faszien</div> | <div style="border: 1px solid purple; padding: 5px; margin-bottom: 10px;">9:30 90min<br/>★ Cardio-Mix</div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">17:00 60min<br/>Pilates</div> <div style="border: 1px solid green; padding: 5px;">18:00 60min<br/>Vinyasa Yoga</div> | <div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;">10:00 60min<br/>Sundayfit</div> <div style="border: 1px solid green; padding: 5px;">11:00 30min<br/>★ Rückenfit</div> |

Wellness/Gesundheit
  Workout/Kraft
  Cardio/Ausdauer
  Tanz/Bewegung
 ★ ★ Zertifizierter Präventionskurs

An Feiertagen finden keine Kurse statt. Zusatzkurse und -veranstaltungen siehe Aushang im Studio.

gültig ab 1.1.2018

## SPINNING® -Kurse (Raum 2)

| Montag                                                                                                     | Dienstag                                                                                                                                                                                                                             | Mittwoch                                                                                           | Donnerstag                                                                                                 | Freitag                                                                                                  | Samstag                                                                                         |
|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">19:30 60min<br/>All Terrain</div> | <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">18:00 60min<br/>All Terrain<br/>Okt. bis April</div> <div style="border: 1px solid purple; padding: 5px;">20:00 90min<br/>Ausdauer<br/>Laufteam Fürth</div> | <div style="border: 1px solid blue; padding: 5px; margin-bottom: 10px;">9:30 60min<br/>Basic</div> | <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">18:30 60min<br/>All Terrain</div> | <div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;">18:00 60min<br/>Mountain</div> | <div style="text-align: center; font-size: 1.5em; color: gray; margin-top: 50px;">Sonntag</div> |

An Feiertagen finden keine Kurse statt. Zusatzkurse und -veranstaltungen siehe Aushang im Studio.

gültig ab 1.1.2018