

# Aerobic-Kurse (Raum 1)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
<div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">                     9:30 <span style="float: right;">60min</span>                      ☆ <b>Wirbelsäule</b> </div> <div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;">                     17:30 <span style="float: right;">60min</span>                      ☆ <b>Wirbelsäule</b> </div> <div style="border: 1px solid orange; padding: 5px;">                     18:30 <span style="float: right;">60min</span>  <b>Body-Fitness</b> </div>	<div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;">                     9:30 <span style="float: right;">60min</span>  <b>BBP</b> </div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">                     10:30 <span style="float: right;">30min</span>                      ☆ <b>Rückenfit</b> </div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">                     17:30 <span style="float: right;">30min</span>                      ☆ <b>Rückenfit</b> </div> <div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;">                     18:30 <span style="float: right;">90min</span>  <b>Fitness Total</b> </div> <div style="border: 1px solid blue; padding: 5px;">                     19:30 <span style="float: right;">60min</span>  <b>Bauchtanz</b> </div>	<div style="border: 1px solid purple; padding: 5px; margin-bottom: 10px;">                     17:30 <span style="float: right;">60min</span>  <b>Aerobic/Step</b> </div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">                     18:30 <span style="float: right;">60min</span>                      ☆ <b>Wirbelsäule</b> </div> <div style="border: 1px solid blue; padding: 5px;">                     19:30 <span style="float: right;">90min</span>  <b>Zumba</b> </div>	<div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">                     9:30 <span style="float: right;">60min</span>  <b>Pilates</b> </div> <div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">                     10:30 <span style="float: right;">30min</span>  <b>Faszientraining</b> </div> <div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;">                     17:30 <span style="float: right;">30min</span>  <b>BBP</b> </div> <div style="border: 1px solid green; padding: 5px;">                     18:00 <span style="float: right;">30min</span>  <b>Faszientraining</b> </div>	<div style="border: 1px solid purple; padding: 5px; margin-bottom: 10px;">                     9:30 <span style="float: right;">90min</span>                      ☆ <b>Cardio-Mix</b> </div> <div style="border: 1px solid green; padding: 5px;">                     17:00 <span style="float: right;">60min</span>  <b>Pilates</b> </div>	<div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;">                     10:00 <span style="float: right;">60min</span>  <b>Sundayfit</b> </div> <div style="border: 1px solid green; padding: 5px;">                     11:00 <span style="float: right;">30min</span>                      ☆ <b>Rückenfit</b> </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 1.5.2019

# SPINNING® -Kurse (Raum 2)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
<div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">                     19:30 <span style="float: right;">60min</span>  <b>All Terrain</b> </div>	<div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">                     18:00 <span style="float: right;">60min</span>  <b>All Terrain</b>                      Okt. bis April                 </div> <div style="border: 1px solid purple; padding: 5px;">                     20:00 <span style="float: right;">90min</span>  <b>Ausdauer</b>                      Laufteam Fürth                 </div>	<div style="border: 1px solid blue; padding: 5px; margin-bottom: 10px;">                     9:30 <span style="float: right;">60min</span>  <b>Basic</b> </div>	<div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;">                     18:30 <span style="float: right;">60min</span>  <b>All Terrain</b> </div>	<div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;">                     18:00 <span style="float: right;">60min</span>  <b>Mountain</b>                      Okt. bis April                 </div>	<div style="text-align: center; font-size: 2em; font-weight: bold; margin-top: 50px;">                     Sonntag                 </div>

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

gültig ab 1.5.2019