



**Anmeldung:** Check die App „Prenota semplice“!  
Ist dein Kurs dort angeführt, kannst du dich gleich direkt anmelden. Wenn du ihn dort nicht findest, ist auch keine Anmeldung nötig!

	Montag 08:00–22:00	Dienstag 06:30–22:00	Mittwoch 08:00–22:00	Donnerstag 06:30–22:00	Freitag 08:00–22:00	Samstag 09:00–13:00 + 15:00–20:00	
<b>Fitness</b>	<b>Fit Seven 3</b>		06:45–07:30 <b>Functional Training</b>		06:45–07:30 <b>Yoga</b>		
	<b>Move &amp; Tone</b>			08:15–09:00 <b>Yoga</b>			
	<b>BBP</b>						
	<b>Group Boxing Academy</b>	09:15–10:00 <b>Walking Program</b>	09:15–10:00 <b>Pilates Program</b>	09:15–10:00 <b>Functional Training</b>	09:15–10:00 <b>Move &amp; Tone</b>	09:15–10:00 <b>Pilates TRX</b>	09:15–10:00 <b>Total Body</b>
	<b>Total Body</b>	10:15–11:15 <b>Aqua Relax</b>	10:15–11:15 <b>Aqua Relax</b>	10:15–11:15 <b>Aqua Relax</b>	10:15–11:15 <b>Aqua Relax</b>	10:15–11:15 <b>Aqua Relax</b>	10:15–11:15 <b>Aqua Relax</b>
<b>X-Tempo Sculpt</b>							
<b>Super Jump Program</b>	10:30–11:15 <b>Well Back System</b>	10:30–11:00 <b>Aqua Bike</b>		10:30–11:00 <b>Aqua Gym</b>	10:30–11:00 <b>Aqua Deep</b>	10:30–11:00 <b>Aqua Gym</b>	
<b>Aqua</b>	<b>Aqua Bike</b>						
	<b>Aqua Deep</b>	12:50–13:50 <b>Pilates Program</b>		12:50–13:50 <b>Functional Training</b>	12:50–13:50 <b>Yoga</b>		
	<b>Aqua Gym</b>	12:50–13:50 <b>Aqua Relax</b>	12:50–13:50 <b>Aqua Relax</b>	12:50–13:50 <b>Aqua Relax</b>	12:50–13:50 <b>Aqua Relax</b>		
	<b>Aqua Relax</b>	15:00–16:00 <b>Aqua Relax</b>	15:00–16:00 <b>Aqua Relax</b>	15:00–16:00 <b>Aqua Relax</b>	15:00–16:00 <b>Aqua Relax</b>	15:30–16:30 <b>Aqua Relax</b>	
<b>Functional</b>	<b>Functional Training</b>						
	<b>X-Fit</b>		16:30–17:15 <b>Pilates Program</b>		16:30–17:15 <b>Functional Training</b>		
	<b>TacFit Training</b>						
	<b>TacFit Training In Park</b>	17:30–18:30 <b>Aqua Relax</b>	17:30–18:30 <b>Aqua Relax</b>	17:30–18:30 <b>Aqua Relax</b>	17:30–18:30 <b>Aqua Relax</b>	17:30–18:30 <b>Aqua Relax</b>	
<b>Body &amp; Mind</b>	<b>Pilates Program</b>						
	<b>Pilates TRX</b>	17:30–18:15 <b>Total Body</b>	17:30–18:15 <b>Walking Program</b>	17:30–18:15 <b>Functional Training</b>	17:30–18:15 <b>X-Tempo Sculpt</b>	17:30–18:15 <b>Spinning Classic</b>	
	<b>Well Back System</b>			18:00–19:00 <b>Yoga In Park</b>			
	<b>Yoga</b>	18:30–19:15 <b>TacFit Training</b>	18:30–19:15 <b>BBP</b>	18:30–19:15 <b>Fit Seven 3</b>	18:30–19:15 <b>Walking Program</b>	18:30–19:15 <b>Functional Training</b>	
	<b>Yoga In Park</b>	19:30–20:15 <b>Group Boxing Academy</b>	19:30–21:00 <b>X-Fit</b>	19:30–20:15 <b>Super Jump Program</b>	19:30–21:00 <b>X-Fit</b>		
<b>Walk &amp; Ride</b>	<b>Spinning Classic</b>						
	<b>Walking Program</b>			19:30–20:30 <b>TacFit Training In Park</b>			
	20:30–21:30 <b>Aqua Relax</b>	20:30–21:30 <b>Aqua Relax</b>	20:30–21:30 <b>Aqua Relax</b>	20:30–21:30 <b>Aqua Relax</b>	20:30–21:30 <b>Aqua Relax</b>		