

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---|------------------------------------|---------------------------------|---|---------------------------------|---------|--------------------------------|
| 8.30 - 9.15 Yoga & Pilates | | 9.15 - 10.00 Pilates | | 9.15 - 10.10 Aroha | | |
| 9.30 - 10.15 Rundum Fit | | 10.10 - 10.40 Fatburner | | 10.15 - 11.00 KAHA® & Yoga | | 10.30 - 11.30 Sonntags-Spezial |
| 09.30 - 10.15 Aquafit | | 10.20 - 11.05 Aquafit | | | | |
| 10.30 - 11.20 BBP | | 10.45 - 11.15 Bodyshape | | | | |
| | | 11.20 - 11.50 Stretch & Relax | | | | |
| 17.30 - 18.15 Aquafit | 15.30 - 16.15 Kinderschwimmen | | | | | |
| 18.30 - 19.15 Aquafit | 16.30 - 17.15 Kinderschwimmen | | 16.30 - 17.15 Power-Aqua | | | |
| 17.00 - 17.45 Pilates & Yoga | 16.55 - 17.25 Bodyshape | 17.00 - 17.45 Aquafit | 17.30 - 18.15 Power Aqua | | | |
| 17.55 - 18.30 Cycling | 17.30 - 18.15 Dance Mix | 18.00 - 18.45 Aquafit | 17.25 - 18.20 Balance | 17.30 - 18.00 Cardio Mix | | |
| 18.40 - 19.30 Zirkeltraining an den Geräten | 17.30 - 18.15 Power-Aqua | 17.30 - 18.15 Rücken Fit | 18.30 - 19.15 Workout Mix | 18.05 - 19.00 Workout & Stretch | | |
| 19.00 - 19.45 Aroha & KAHA® | 18.20 - 19.15 BBP | 18.20 - 19.05 Aerobic oder Step | 19.20 - 20.05 Zirkeltraining an den Geräten | | | Trainingsfläche |
| 19.50 - 20.30 WBS-Faszien | 18.30 - 19.15 Power-Aqua | 19.10 - 19.40 Bauch-Spezial | | | | Raum 1 |
| | 19.20 - 20.10 WBS-Faszien | | | | | Raum 2 |
| | 19.30 - 20.30 Schwangerenschwimmen | | | | | Pool |