

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER & CORE	BODYPUMP	Cross Studio	18:20 - 19:20	17:40 - 18:40	09:30 - 10:30 20:10 - 21:10	20:00 - 21:00	17:00 - 18:00	09:50 - 10:50	09:50 - 10:50
	LES MILLS CORE	Cross Studio	19:30 - 20:00	18:50 - 19:20	19:30 - 20:00				11:40 - 12:10
	ABDO	Cross Studio		09:20 - 09:50		18:15 - 18:45	09:00 - 09:30	12:10 - 12:40	
	POWER PILATES	Body Studio	09:00 - 09:50	19:00 - 19:45		09:00 - 09:50			

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO & AEROBIC	BODYATTACK	Cross Studio				18:50 - 19:50		11:00 - 12:00	
	BODYCOMBAT	Cross Studio	20:10 - 21:10	20:10 - 21:10			18:10 - 19:10		
	SH'BAM	Body Studio	19:30 - 20:15		19:30 - 20:15				10:00 - 10:45
	BODYJAM	Body Studio		20:10 - 21:10			19:10 - 20:10		
	SWISS JUMP	Body Studio		18:00 - 18:50					
	RPM	Cycling Studio		09:30 - 10:15 18:40 - 19:25			09:40 - 10:25 19:10 - 19:55		10:10 - 10:55
	INDOOR CYCLING	Cycling Studio	18:40 - 19:25		18:40 - 19:25	19:00 - 19:45		11:00 - 12:00	

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT	GRIT CARDIO	Cross Studio			18:50 - 19:20				11:00 - 11:30
	GRIT STRENGTH	Cross Studio		19:30 - 20:00					
	SPRINT	Cycling Studio	19:30 - 20:00	19:30 - 20:00	19:30 - 20:00		18:30 - 19:00		11:00 - 11:30

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA, PILATES & ZEN	BODYBALANCE	Body Studio	18:20 - 19:20			10:00 - 11:00		09:50 - 10:50 11:00 - 12:00	11:00 - 12:00
	MINDFULNESS MEDITATION	Zen Studio		18:20 - 18:50	09:00 - 09:30				
	HATHA YOGA	Zen Studio	19:30 - 20:30						
	ASHTANGA YOGA	Zen Studio		18:50 - 19:50	09:30 - 10:30	18:45 - 20:15			
	VINYASA FLOW YOGA	Zen Studio						11:00 - 12:00	
	YIN YOGA	Zen Studio			19:15 - 20:30	20:15 - 21:15			11:00 - 12:30
	HOT YOGA *	Zen Studio			18:00 - 19:00				
	PILATES	Zen Studio Body Studio		09:20 - 10:20 (Zen)	10:40 - 11:30 (Body)	18:00 - 19:00 (Body)	09:40 - 10:40 (Body)	10:00 - 11:00 (Zen)	

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUNCTIONAL & CIRCUIT	CROSS TRAINING	Fitness Outdoor	20:10 - 21:10	19:00 - 20:00	20:10 - 21:10	20:00 - 21:00	18:10 - 19:10	11:00 - 12:00	11:00 - 12:00
	SYNRGY CIRCUIT	Fitness	10:10 - 10:40			09:20 - 09:50	10:50 - 11:20		10:20 - 10:50

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ALLROUND & COMPLETE	FLEX2 MOVE	Cross Studio	09:00 - 10:00						
	AQUAGYM	Pool	10:00 - 11:00 20:00 - 21:00	10:30 - 11:30 20:00 - 21:00	09:30 - 10:30 20:00 - 21:00	10:00 - 11:00	9:40 - 10:25		11:00 - 12:00
	AQUA JOGGING	Pool					17:00 - 17:45		
	FLOATFIT	Pool		18:50 - 19:50	18:50 - 19:50		18:10 - 19:10	11:00 - 12:00	
	MORNING ACTIVATION	Fitness		8:15 - 8:35					
	RUGSCHOOL	Zen Studio		10:30 - 11:30 20:00 - 21:00	10:40 - 11:40				09:50 - 10:50



* During summer month' the Hot Yoga classes will be replaced by Power Yoga in an unheated room.

Reservations are mandatory for all group fitness classes. You must book online at '<http://sports.thermae.com>' or via the MyClubPlanner app. Booking in the club is not possible.

Please be present 5 minutes before class starts. This will allow you to set up your materials and start on time.

