

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
Raum		Raum		Raum		Raum		Raum		Raum		Raum	
09:00 - RÜCKEN FIT 10:00	KR 1	07:10 - CYCLING 08:10	KR 3	08:15 - CYCLING 09:15	KR 3	08:15 - YOGA 09:45	KR 1	08:15 - CYCLING 09:15	KR 3	08:00 - YOGA 09:00	KR 1	09:00 - POWER YOGA 10:00	KR 1
09:00 - WORKOUT 10:00	KR 2	08:30 - CYCLING 09:30	KR 3	08:30 - FASZIEN TRAINING 09:15	KR 2	09:00 - WORKOUT 10:00	KR 2	09:30 - CYCLING 10:30	KR 3	09:00 - LES MILLS 10:00 BODYPUMP	KR 2	09:00 - LES MILLS 10:00 BODYPUMP	KR 2
09:00 - BODYWEIGHT 10:00 WORKOUT	AREA/ HALLE	09:00 - YOGA 10:00	KR 1	09:30 - STEP 10:30	KR 1	10:15 - PILATES 11:15	KR 2	09:30 - WORKOUT 10:30	AREA/ HALLE	09:00 - CYCLING 10:00	KR 3	09:00 - CYCLING 10:00	KR 3
10:15 - STEP 11:15	KR 2	09:15 - WORKOUT 10:15	AREA/ HALLE	09:30 - SHAPES 10:30	KR 2	10:15 - BAUCH BEINE PO 11:15	AREA/ HALLE	09:30 - BAUCH BEINE PO 10:30	KR 1	09:15 - PILATES 10:15	HALLE	10:00 - FUNCTIONAL 11:00 TRAINING	OFF
10:15 - POWER YOGA 11:15	KR 1	10:30 - YOGA 11:30	KR 2	10:45 - BAUCH BEINE PO 11:45	AREA/ HALLE	11:30 - RÜCKEN FIT 12:30	AREA/ HALLE	10:30 - FUNCTIONAL 11:30 TRAINING	OFF	10:30 - BAUCH BEINE PO 11:30	KR 1	10:15 - DANCE 11:15	KR 1
11:30 - WORKOUT 12:30	KR 1	10:30 - FUNCTIONAL 11:30 WORKOUT	OFF	11:00 - WORKOUT 12:00	KR 1			10:45 - DANCE 11:45	KR 2	10:30 - CYCLING 11:30	KR 3	10:15 - WORKOUT 11:15	AREA/ HALLE
11:30 - BAUCH EXPRESS 12:00	KR 2	11:00 - WORKOUT 12:00	AREA/ HALLE	12:00 - DANCE 13:00	KR 2			10:45 - YOGA 11:45	KR 1	10:30 - WORKOUT 11:30	AREA/ HALLE	10:30 - CYCLING 11:30	KR 3
12:15 - PILATES 13:15	KR 2	12:15 - RÜCKEN FIT 13:15	AREA/ HALLE	12:15 - PILATES 13:15	KR 1			12:00 - RÜCKEN FIT 13:00	KR 1	11:30 - FUNCTIONAL 12:30 TRAINING	OFF	11:30 - BODY LIFT 12:30	KR 1
								12:00 - PILATES 13:00	KR 2	11:45 - PILATES 12:45	KR 1	11:30 - FUNCTIONAL 12:30 TRAINING	OFF
										11:45 - DANCE 12:45	KR 2	11:30 - SHAPES 12:30	KR 2
										13:00 - MOBILITY 14:00	KR 1	12:45 - PILATES 13:45	KR 1
										13:00 - WORKOUT 14:00	KR 2	12:45 - RÜCKEN FIT 13:45	KR 2
										14:15 - YOGA 15:45	KR 2		
17:00 - WORKOUT 18:00	KR 2	16:45 - YOGA 17:45	KR 1	16:30 - YOGA 17:30	KR 1	17:30 - LES MILLS 18:30 BODYPUMP	KR 1	17:00 - FUNCTIONAL 18:00 TRAINING	OFF	17:00 - WORKOUT 18:00	KR 2		
17:30 - PILATES 18:30	KR 1	18:00 - DANCE 19:00	KR 2	17:45 - YOGA 18:45	KR 1	18:00 - CYCLING 19:00	KR 3	17:00 - WORKOUT 18:00	KR 2	18:15 - DANCE 19:15	KR 2		
18:15 - SHAPES 19:15	KR 2	18:00 - YOGA 19:30	KR 1	18:00 - CYCLING 19:00	KR 3	18:45 - WORKOUT 19:45	KR 1	18:15 - DANCE 19:15	KR 2	18:30 - CYCLING 19:30	KR 3		
18:45 - YOGA 20:00	KR 1	18:00 - CYCLING 19:00	KR 3	19:00 - FUNCTIONAL 20:00 TRAINING	OFF	19:15 - YOGA 20:30	KR 2	18:30 - CYCLING 19:30	KR 3	19:30 - FITNESS BOXEN 20:50	KR 2		
19:00 - FUNCTIONAL 20:00 TRAINING	OFF	19:30 - LES MILLS 20:30 BODYPUMP	KR 2	19:00 - RÜCKEN FIT 20:00	KR 1			19:30 - FITNESS BOXEN 20:50	KR 2				
19:30 - DANCE 20:30	KR 2			19:30 - CYCLING 21:00	KR 3								
20:15 - CYCLING 21:15	KR 3			19:40 - PILATES 20:40	KR 2								
				20:15 - FITNESS BOXEN 21:45	KR 1								

