

	Montag / Lundi		Dienstag / Mardi		Mittwoch / Mercredi		Donnerstag / Jeudi		Freitag / Vendredi		Samstag / Samedi		Sonntag / Dimanche
	Raum / salle 1	Raum / salle 2	Raum / salle 1	Raum / salle 2	Raum / salle 1	Raum / salle 2	Raum / salle 1	Raum / salle 2	Raum / salle 1	Raum / salle 2	Raum / salle 1	Raum / salle 2	Raum / salle 1
8.00			Bodyforming			Cycling	Step & Tone					Outdoor Jogging 08.30 - 09.25	
9.00	Power Yoga 09.00 - 09.55		08.30 - 09.45		Rückengymnastik 9.00 - 9.55	08.45- 09.40	08.30 - 09.45		Zumba 09.00 - 09.55	Power Yoga 09.00 - 09.55	Bodypump	Jogging Anfänger 09.35 - 10.30	HIIT / DeepWork
10.00	Zumba 10.00 - 10.55	Pilates	Pilates 10:00 - 10:55		Pilates 10:00 - 10:55		Bodyforming 10.00 - 10.55		DeepWork 10.00 - 10.55	Power Yoga 10.00 - 10.55	Bodyforming	Cycling 10.00 - 11.25	09:30 - 10:25 Bodypump
11.00	Bodypump 11.00 - 11.55	10.50 - 11.45			Bodyforming 11.00 - 11.55		HIIT 11:00 - 11:30		Pilates 11:10 - 12:05		10.30 - 11.25		10.30 - 11.25
12.00	Step & Tone 12.15 - 13.10	Cycling 12.20 - 13.15	Bodyforming 12.15 - 13.10	Cycling 12.20 - 13.15	Power Yoga 12.15 - 13.10		Bodypump 12.15 - 13.10		Bodyforming 12:15 - 13:10	Cycling	11.30 - 12.25		11.45 - 12.40
13.00										12.20- 13.15			Bodypump 13.00 - 13.55
14.00													
15.00													
16.00						Bodypump							
17.00	Bodypump 17.00 - 17.55	Pilates	Zumba 17.00 - 17.55	Power Yoga 17.00 -17.55	16.50 - 17.45		Zumba 17.00 - 17.55	HIIT 17:15 - 18:00	Step & Tone 17.00 - 17.55				
18.00	HIIT 18:10 - 18:55	17:45 - 18:40	Bodyforming 18.00 - 18.55		BodyArt 18.00 - 18.55		Cycling	Fitboxe 18.00 - 18.55	Cycling	Zumba 18.00 - 18.55			
19.00	Bodyforming 19.00 - 19.55	Cycling 19.00- 19.55	HIIT 19:00 - 19:45	18.30- 19.25	Zumba 19.00 - 19.55	18.30- 19.25	BBP/CAF 19.00 - 19.55	18.30- 19.55	M.A.X. & Smartabs 19:00 - 19:55				
20.00	Step & Tone 20.00 - 20.55		Bodypump 20.00 - 20.55		Bodypump 20.00 - 20.55		Bodypump 20.00 - 20.55						
21.00													