

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30 - 10:25 BBP	08:30 - 09:25 Yoga	09:00 - 10:15 Pilates	09:30 - 10:25 Step Basic	09:00 - 09:55 RückenFit	11:00 - 11:55 Vinyasa Yoga	09:30 - 10:25 Yoga
10:30 - 11:30 Pilates	09:30 - 10:30 RückenFit	17:30 - 18:25 Step Aerobic	10:30 - 11:30 RückenFit	10:00 - 10:55 Yoga	12:00 - 12:45 Yoga	10:00 - 10:55 Bike & Beats
17:30 - 18:25 BodyStyling	12:30 - 13:25 BodyStyling	18:30 - 19:25 BodyStyling	15:00 - 15:55 RückenFit	11:00 - 11:30 My Meditation	15:00 - 15:55 Zumba®	10:30 - 11:30 BodyStyling
18:30 - 19:25 Step Aerobic	17:00 - 17:55 deepWORK®	18:30 - 19:25 Bike Intense	16:00 - 16:55 BodyStyling	11:30 - 12:15 BodyStyling	16:00 - 16:55 BodyStyling	11:00 - 12:00 Bike & Beats
18:30 - 19:30 Bike & Climb	18:00 - 18:45 Bike Basics	19:30 - 20:25 Vinyasa Yoga	17:00 - 18:25 Hatha Yoga	17:30 - 18:30 Langhantel Workout	17:00 - 18:00 Langhantel Workout	11:45 - 13:15 Fitness Running
19:30 - 21:00 BoxCamp H.I.I.T.	18:00 - 18:45 RückenFit	19:30 - 20:30 Bike Intense	18:30 - 19:25 RückenFit	18:30 - 19:25 RückenFit		18:30 - 19:15 Yoga
	18:00 - 19:30 Fitness Running	20:30 - 21:15 Yin Yoga	19:00 - 20:00 Bike & Beats	19:30 - 20:30 Yoga		19:20 - 20:05 Yin Yoga
	18:45 - 19:30 Bike Basics		19:30 - 20:30 BodyStyling			
	19:00 - 19:55 Bike & Climb					
	20:00 - 21:00 BBP					