

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Group-Fitness an geraden Wochen			Dance Fit 08:30-09:30	femmefitness		
Yoga 08:30-09:30	Zumba 09:00-10:00	Yoga 08:30-09:30	Bodywork 09:30-10:30	Yin Yoga 08:30-09:30	Dynamic Core 09:30-11:00	
Pilates 09:30-10:30	Yoga & Stretch 10:00-11:30	Bodyshaping 09:30-10:30	Rückenfit 10:30-11:30	Pilates 09:30-10:30	Dance & Six-Pack 11:00-12:30	BBP 10:30-11:30
Rückenfit 10:30-12:00	Pilates Barre 11:30-12:30	Rückenfit 10:30-11:30	Spinning 11:30-12:30	Bodyshaping 10:30-11:30		Yoga 11:30-13:00
			Pilates 50+ 13:00-14:00	BBP 11:30-12:30	Spinning 14:00-15:00	
			Faszien Roll 14:00-14:30		Hatha Yoga 15:00-16:00	Bodywork 15:00-16:00
			Smovey 14:30-15:30	BE-BO 16:00-16:30	Zumba 16:30-17:30	
BBP 16:30-17:30	Rückenfit 16:30-17:30	Rückenpilates 16:30-17:30	Rückenfit 16:30-17:30	Pilates 16:30-17:30		
Zumba 17:30-18:30	Boot Camp 17:30-18:30	Total Body 17:30-18:30	Tabata 17:30-18:30	BBP 17:30-18:30		
Hula-Hoop 18:30-19:30	Piloxing 18:30-19:30	Power Sculpt 18:30-19:30	80's Aerobic 18:30-19:30	Yoga 18:30-19:30		
Power Shape 19:30-20:30	Dance Special 19:30-20:30	Six-Pack & Stretch 19:30-20:30	Yoga 19:30-20:30			

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Group-Fitness an ungeraden Wochen			Dance & Stretch 08:30-09:30	femmefitness		
Yoga 08:30-09:30	Zumba 09:00-10:00	Yoga 08:30-09:30	Bodywork 09:30-10:30	Yin Yoga 08:30-09:30	Dynamic Core 09:30-11:00	
Pilates 09:30-10:30	Yoga & Stretch 10:00-11:30	Bodyshaping 09:30-10:30	Rückenfit 10:30-11:30	Pilates 09:30-10:30	Dance & Six-Pack 11:00-12:30	BBP 10:30-11:30
Rückenfit 10:30-12:00	Pilates Barre 11:30-12:30	Rückenfit 10:30-11:30	Spinning 11:30-12:30	Bodyshaping 10:30-11:30		Yoga 11:30-13:00
			Pilates 50+ 13:00-14:00	Salsation 11:30-12:30	Spinning 14:00-15:00	
			Balance 14:00-14:30		Hatha Yoga 15:00-16:00	Bodywork 15:00-16:00
			Smovey 14:30-15:30	Faszien Roll 16:00-16:30	Zumba 16:30-17:30	
BBP 16:30-17:30	Rückenfit 16:30-17:30	Rückenpilates 16:30-17:30	Rückenfit 16:30-17:30	Pilates 16:30-17:30		
Zumba 17:30-18:30	Smovey 17:30-18:30	Total Body 17:30-18:30	Tabata 17:30-18:30	BBP 17:30-18:30		
Fatburner 18:30-19:30	Piloxing 18:30-19:30	Power Sculpt 18:30-19:30	80's Aerobic 18:30-19:30	Yoga 18:30-19:30		
Yoga 19:30-20:30	Power Six-Pack 19:30-20:30	Six-Pack & Stretch 19:30-20:30	Yoga 19:30-20:30			