

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		BodyX 7.00 - 7.45		HIIT Turnecke 7.00 - 7.30		
					BodyX 11.00 - 11.45	FatburnX 11.00 - 11.45
					BasiX 12.00 - 12.30	YogilatiX 12.00 - 12.45
BodyX 17.00 - 17.45		X-Step 17.00 - 17.45	Funkt. Zirkel Turnecke 17.00 - 17.45	FatburnX 17.00 - 17.45		
FatburnX 18.00 - 18.45	BodyX 18.00 - 18.45	X-Jump* 18.00 - 18.45	BodyX 18.00 - 18.45			
BasiX 19.00 - 19.30	Tour de X 19.00 - 19.50	Xamba 19.00 - 19.45	CardioBoX 19.00 - 19.45			
Funkt. Zirkel Turnecke 19.45 - 20.30	YogilatiX 20.00 - 20.45	HIIT Turnecke 20.00 - 20.30				

* X-Jump bis 90 kg.