

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

					Pilates 07:00-07:55						
Wirbelsäule 08:30-09:10	Faszien-Stretch 08:30-09:10	Wirbelsäule 08:30-09:10	Wirbelsäule & Mobility 08:30-09:25		Stretching 08:30-09:10						
Fitness Workout 09:15-10:10	Fitness Workout 09:15-10:10	Koordinations-training 09:15-09:45	Fitness Workout 09:15-10:10	Koordinations-training 09:15-09:45	Pilates 09:30-10:25	LES MILLS BODYPUMP 09:15-10:15	Koordinations-training 09:00-09:30 09:30-10:00	LES MILLS Shapes 10:30-11:15		LES MILLS BODYPUMP 09:30-10:30	
	SPINNING 10:15-11:15	SPINNING 10:15-11:00	Pilates meets Yoga 10:15-11:10	SPINNING 10:15-11:00		LES MILLS BODYBALANCE 10:20-11:15	SPINNING 10:15-11:15	LES MILLS DANCE 11:30-12:30		LES MILLS CEREMONY 10:45-11:30	SPINNING 10:30-11:30
Pilates 16:30-17:25			LES MILLS Shapes 16:30-17:15			LES MILLS Shapes 16:30-17:15		LES MILLS CEREMONY 16:30-17:15			
LES MILLS DANCE 17:30-18:25	SPINNING 17:30-18:30	LES MILLS CEREMONY 17:30-18:15	SPINNING 17:30-18:30	Fitness Workout 17:30-18:25		LES MILLS CEREMONY 17:30-18:15		LES MILLS BODYPUMP 17:30-18:30		SPINNING 17:30-18:30	Yoga 17:30-18:45
LES MILLS BODYBALANCE 18:30-19:25	SPINNING 18:45-19:45	LES MILLS BODYPUMP 18:30-19:30	SPINNING 18:45-19:45	ZUMBA 18:30-19:25	SPINNING 18:45-19:45	LES MILLS BODYPUMP 18:30-19:30	SPINNING 18:45-19:45	LES MILLS DANCE 18:30-19:25	SPINNING 18:45-19:45		
LES MILLS BODYPUMP 19:30-20:30		LES MILLS BODYBALANCE 19:30-20:25		LES MILLS BODYPUMP 19:30-20:30		Yoga 19:30-20:45					