

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 9.00 – 10.00 Yoga KR 1	 8.45 – 9.45 Rücken Fit KR 1	 8.30 – 9.30 Step 2 KR 1	 9.00 – 10.00 Rücken Fit KR 1	 9.00 – 10.00 Step Cardio KR 3	 11.00 – 12.30 Fitnessboxen KR 3	 9.30 – 10.30 Cycling CR 
 10.15 – 11.15 Step & Body Fit KR 3	 9.50 – 10.50 ZUMBA KR 2	 9.45 – 10.45 Total Body Workout KR 1	 10.15 – 11.15 BALLance Dr. Tanja Kühne KR 1	 9.00 – 10.00 flexxx-Gymnastik KR 1 	 10.40 – 11.40 Fitness Cocktail KR 1 	
 10.15 – 11.15 BALLance Dr. Tanja Kühne KR 1	 10.00 – 11.00 Rücken Fit KR 1	 17.15 – 18.00 Einsteiger-Cycling CR 	 17.10 – 18.10 Bauch Beine Po KR 1 	 9.00 – 10.00 Cycling CR	Kinderbetreuung HerzKreislauftraining Muskulatur-/Krafttraining Figurtraining Rückentraining Balancetraining Kursraum KR Cyclingraum CR BALLance Dr. Tanja Kühne	
 17.05 – 18.05 Jumping KR 1 	 17.00 – 18.00 Cycling CR	 18.15 – 19.15 Cycling CR 	 18.00 – 19.00 Cycling CR 	 10.10 – 11.10 Power Pilates KR 3		
 17.30 – 18.30 Pilates KR 2 	 18.00 – 19.05 Yoga KR 1	 18.15 – 19.00 flexxx-Gymnastik KR 1 	 18.20 – 19.20 Jumping KR 1 	 10.15 – 11.15 Yoga KR 1		
 18.00 – 19.00 Cycling CR 	 18.00 – 19.00 Step & Body Fit KR 3	 18.00 – 19.30 Fitnessboxen KR 3 	 18.30 – 19.15 Rücken Fit KR 3 	 17.00 – 18.00 BODYPUMP KR 1		
 18.15 – 19.10 ZUMBA KR 1 	 19.15 – 20.15 BODYPUMP KR 1	 19.10 – 20.10 BODYATTACK KR 1 	 18.40 – 19.10 BALLance Dr. Tanja Kühne KR 2 	 18.15 – 19.15 Cycling CR		
 18.40 – 19.10 BALLance Dr. Tanja Kühne KR 2 			 19.10 – 20.10 BALLance Dr. Tanja Kühne KR 2 	 19.20 – 20.20 Yoga KR 2	 18.30 – 20.00 Krav Maga KR 3	
 18.45 – 20.15 Krav Maga KR 3						
 19.20 – 20.20 Yoga KR 1						