

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Pilates meets Yoga 07:00 - 07:55		Beckenboden-training 07:50 - 08:20		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	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
	SPINNING 10:15 - 11:15	Pilates meets Yoga 10:15 - 11:10	Beckenboden-training 10:00 - 10:30 (auf der grauen Fläche)	LES MILLS BODYBALANCE 10:20 - 11:15	SPINNING 10:15 - 11:15	Sunday Special 10:30 - 11:25 siehe Aushang
Pilates 16:30 - 17:25		LES MILLS Shapes 16:30 - 17:15		LES MILLS Shapes 16:30 - 17:15	Fitness Workout 16:30 - 17:25	
LES MILLS DANCE 17:30 - 18:25	SPINNING 17:30 - 18:30	LES MILLS CEREMONY HYROX 17:30 - 18:15	LES MILLS CEREMONY HYROX 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		ZUMBA 18:30 - 19:25	LES MILLS BODYPUMP 18:30 - 19:30	ZUMBA 18:30 - 19:25	SPINNING 17:45 - 18:45	
	SPINNING 18:45 - 19:45	SPINNING 18:45 - 19:45	SPINNING 18:45 - 19:45	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			