Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Pilates meets Yoga 07:00 - 07:55				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	Fitness Workout 09:15–10:10	Pilates 09:30–10:25	LES MILLS BODYPUMP 09:15–10:15	LES MILLS Shapes 10:30–11:15	LES MILLS BODYPUMP 09:30–10:30
SPINNING 10:15–11:15	Koordinations-training 09:15–09:45	Pilates meets Yoga 10:15 - 11:10	Beckenboden-training 10:00 - 10:30 (auf der grauen Fläche)	LES MILLS BODYBALANCE 10:20–11:15	LES MILLS DANCE 11:30–12:30	LES MILLS CEREMONY 10:45–11:30
Pilates 16:30–17:25	SPINNING 10:15–11:00	LES MILLS Shapes 16:30–17:15	Beckenboden-training 07:50 - 08:20	LES MILLS Shapes 16:30–17:15		SPINNING 10:30–11:30
LES MILLS DANCE 17:30–18:25	LES MILLS CEREMONY 17:30–18:15	Fitness Workout 17:30–18:25	Koordinations-training 09:15–09:45	LES MILLS BODYPUMP 17:30–18:30	Koordinations-training 09:00–09:30 09:30–10:00	Yoga 17:30–18:45
LES MILLS BODYBALANCE 18:30–19:25	LES MILLS BODYPUMP 18:30–19:30	ZUMBA 18:30–19:25	LES MILLS CEREMONY 17:30–18:15	SPINNING 17:30–18:30	SPINNING 10:15–11:15	
SPINNING 18:45–19:45	SPINNING 18:45–19:45	SPINNING 18:45–19:45	LES MILLS BODYPUMP 18:30–19:30	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	SPINNING 18:45–19:45			
			Yoga 19:30–20:45			

INJOY
HEALTH- AND FITNESSCLUBS