

| Montag                                   | Dienstag                          | Mittwoch                                  | Donnerstag                              | Freitag                                   | Samstag                                                                             | Sonntag                        |
|------------------------------------------|-----------------------------------|-------------------------------------------|-----------------------------------------|-------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------|
| 09:00 – 09:30<br>Flexi-Bar               | 09:15 – 10:15<br>Wirbelsäule      | 09:15 – 10:15<br>Yoga                     | 09:15 – 10:15<br>Wirbelsäule            | 08:45 – 09:30<br>Gesund & Beweglich       |  |                                |
| 09:30 – 10:30<br>B B P                   | 09:30 – 10:30<br>Yoga             | 09:30 – 10:15<br>Rücken – Zirkel (Fläche) | 09:30 – 10:30<br>Pilates                | 09:30 – 10:30<br>INJOY Cycling            |                                                                                     |                                |
| 09:45 – 10:45<br>Rückenfit               | 10:15 – 11:15<br>INJOY Cycling    | 10:15 – 10:45<br>Stretching               | 10:30 – 11:00<br>Evergreen              | 09:30 – 10:30<br>B B P                    |                                                                                     |                                |
| 10:45 – 11:30<br>Faszien in Bewegung     | 10:30 – 11:30<br>Core & Stability | 10:15 – 11:30<br>Fatburner & Dancefun     | 17:30 – 18:15<br>High Intensiv Training | 09:45 – 10:30<br>Rücken – Zirkel (Fläche) |                                                                                     |                                |
| 15:00 – 16:00<br>Rücken & Koordination   | 18:00 – 19:00<br>Pilates          | 15:00 – 16:00<br>Pilates                  | 18:15 – 19:00<br>Pound                  | 10:30 – 11:00<br>Stretching               | 10:00 – 11:00<br>B B P                                                              | 10:00 – 11:00<br>Yoga          |
| 17:30 – 18:15<br>High Intensive Training | 19:00 – 20:00<br>POWER Dumbell    | 17:15 – 18:00<br>B B P                    | 19:00 – 20:00<br>Pilates                | 17:00 – 18:00<br>POWER Dumbell            | 11:00 – 12:00<br>Zumba                                                              | 10:00 – 11:00<br>INJOY Cycling |
| 18:15 – 19:00<br>B B P                   | 19:15 – 20:15<br>Zumba            | 18:00 – 19:00<br>Special Body Workout     | 19:00 – 19:30<br>Bauch-Express          | 17:00 – 18:00<br>Step & Fun               |                                                                                     | 11:15 – 12:15<br>Yoga          |
| 18:15 – 19:15<br>INJOY Cycling           | 19:30 – 20:30<br>INJOY Cycling    | 18:15 – 19:15<br>INJOY Cycling            | 19:15 – 20:15<br>INJOY Cycling          | 18:00 – 18:45<br>B B P                    |                                                                                     |                                |
| 19:15 – 20:15<br>Zumba                   |                                   | 19:15 – 20:30<br>Yoga                     |                                         | 18:45 – 19:15<br>Stretching               |                                                                                     |                                |
|                                          |                                   |                                           |                                         | 19:00 – 20:15<br>Yoga                     |                                                                                     |                                |