

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00–10:00 TONE LES MILLS	09:00–10:00 INJOY Rückenkurs	09:00–10:30 Forever Fit by Pilates	16:30–17:30 Rücken-Power	10:00–11:00 Tone LES MILLS	10:00–12:00 Yoga	10:30–11:30 Indoor Cycling
10:00–11:00 Starker Rücken	10:00–11:30 Yoga	09:15–10:15 Indoor Cycling	17:30–18:00 Bauch-Beine-Po	11:00–12:00 Body-Balance-Stretching		
18:00–19:00 INJOY Rückenkurs	10:00–11:00 INJOY Rückenkurs	10:45–11:45 BODYPUMP LES MILLS	18:00–19:30 Yoga	17:30–18:30 BODYPUMP LES MILLS		
19:00–19:45 RPM LES MILLS	18:30–19:30 Indoor Cycling	18:00–19:00 BODYPUMP LES MILLS	18:30–19:30 BODYCOMBAT LES MILLS	18:30–19:30 HIIT		
19:00–20:00 BODYPUMP LES MILLS	19:00–20:00 BODYPUMP LES MILLS	18:30–20:00 Yoga	19:30–20:30 Wirbelsäulengymnastik	18:30–19:30 BODYBALANCE LES MILLS		
20:00–21:00 BODYCOMBAT LES MILLS	20:00–21:00 BODYCOMBAT LES MILLS	19:00–19:45 DANCE LES MILLS				
		19:00–19:45 RPM LES MILLS				
		19:30–21:00 Yoga				