

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 – 09:45 Pilates	09:00 – 10:00 Functional Training	09:30 – 10:15 Yoga	09:00 – 09:45 Indoor Cycling		10:15 – 11:00 Indoor Cycling	10:15 – 11:00 Indoor Cycling
09:45 – 10:00 Bauch			10:00 – 10:15 Bauch		11:15 – 11:30 Bauch	11:15 – 11:30 Bauch
10:15 – 11:00 Indoor Cycling			10:15 – 10:45 Rücken Fit			
17:45 – 18:30 Rücken Fit		17:45 – 18:30 Rücken Fit	17:45 – 18:00 Bauch			
18:30 – 18:45 Bauch	18:00 – 18:45 Bodystyling	18:30 – 18:45 Bauch	18:00 – 18:45 Pilates	18:00 – 18:15 Bauch		
18:45 – 19:30 Kickbox Aerobicg	18:45 – 19:00 Bauch	18:45 – 19:30 HIIT		18:15 – 19:00 Functional Training		
19:30 – 20:15 Indoor Cycling	19:00 – 20:00 Yoga					