

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
--------	----------	----------	------------	---------	---------	---------

09:00 - 09:45 Pilates	09:00 - 10:00 Functional Training		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					



■ Bauch
 ■ Body/Mind
 ■ Functional
 ■ Herz/Kreislauf
 ■ Indoor Cycling
 ■ Rücken/Core