

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
09:00-10:00	Wellness	09:00-10:00	BodyBalance	09:00-10:00	Wellness	09:00-09:15	Bauch	09:00-09:15	Bauch
09:00-09:15	Bauch	09:00-09:15	Bauch	09:00-09:15	Bauch	18:00-19:00	BodyPump	09:30-10:15	HDT
10:00-11:00	BodyPump	17:45-18:00	Bauch	10:00-10:30	MaxxF	18:00-18:30	MaxxF	10:15-10:30	Tabata
18:00-19:00	Spinning	18:00-19:00	BodyPump	10:30-10:45	Tabata	18:30-18:45	Tabata	17:45-18:00	Bauch
18:00-19:00	WSG	19:00-19:30	MaxxF	17:30-18:30	Fitness Mix	19:00-20:00	Latin Step	18:00-19:00	BodyPump
19:00-20:00	Yoga	19:30-19:45	Tabata	18:30-19:30	Cardio Pilates	19:30-20:30	Spinning	19:00-20:00	BodyBalance
19:15-19:45	Grit	19:30-20:30	Spinning	18:45-19:00	Tabata				
20:00-21:00	BodyPump			19:00-19:15	Bauch				
				19:30-20:30	Spinning				

