

MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG		
09:45 10:45	Yoga Rückenfit	WL	07:15 08:00	Functional Variations	FL	09:45 10:45	QiGong	EL	07:15 08:15	LesMills BODYPUMP®	EL	10:00 11:00	Zirkeltraining	TF	11:45 12:45	LesMills BODYCOMBAT®	EL	10:15 11:15	LesMills BODYPUMP®	EL
09:45 10:45	Body & Mind	YL	07:15 08:15	LesMills BODYPUMP®	EL	10:00 11:00	Zirkeltraining	TF	09:30 10:30	Pilates	EL	10:00 11:00	ZUMBA®	EL	12:00 13:30	Kundalini Yoga	YL	11:15 12:15	Bodyforming	WL
10:45 12:00	Hatha Yoga	YL	10:00 11:00	ZUMBA® Gold	EL	11:00 12:30	RückenFit	EL	10:45 11:45	Vinyasa Yoga	YL	11:15 12:15	RückenFit	EL	14:10 15:10	Bodyforming	WL	11:30 12:30	LesMills BODYATTACK®	EL
11:00 12:00	Tabata light	EL	11:00 12:00	Fit & Vital	EL													12:45 13:45	Cycling	WL
			12:30 13:30	Vinyasa Yoga	YL															
17:00 18:00	LesMills BODYPUMP®	EL	17:00 18:00	ZUMBA®	EL	17:30 18:30	LesMills BODYPUMP®	EL	16:00 16:45	Pranayama Yoga & Meditation	YL	15:50 16:50	LesMills BODYBALANCE®	YL						
17:30 18:30	Bodyforming	WL	18:00 18:45	Tabata Functional	FL	18:00 19:00	Bodyforming	WL	17:00 17:45	Functional Variations	FL	16:45 17:45	Jumping Fitness	EL						
17:30 18:15	Functional Variations	FL	18:00 19:00	Cycling	WL	18:00 19:00	RückenFit	YL	17:00 18:00	Kraftvoller Flow Hatha-Vinyasa-Yoga	YL	16:55 17:55	Functional Core	YL						
18:00 19:00	LesMills BODYCOMBAT®	EL	18:15 19:15	LesMills BODYPUMP®	EL	18:45 19:45	LesMills BODYCOMBAT®	EL	18:00 18:45	Functional Variations	FL	17:00 18:00	Cycling	EL						
18:30 19:15	Functional Variations	FL	18:45 20:00	Vinyasa Yoga	YL	19:00 19:45	Functional Variations	FL	18:00 19:00	LesMills BODYATTACK®	EL	18:00 19:00	LesMills BODYPUMP®	EL						
18:40 19:40	Vinyasa Yoga	YL	19:15 20:15	Yoga RückenFit	WL	19:00 20:15	Hatha Yoga	YL	18:00 19:00	Cycling	WL	18:00 19:30	Vinyasa Yoga	YL						
19:00 20:00	Cycling	WL	19:30 20:30	LesMills BODYCOMBAT® <sup>1)</sup>		19:15 20:15	Cycling	WL	18:15 19:45	Slow Vinyasa Yoga	YL	18:10 19:10	STRONG Nation	EL						
19:10 20:10	Pilates	EL							19:10 20:10	Jumping Fitness	EL	19:15 20:15	ZUMBA®	EL						
									19:15 20:15	Bodyforming	WL									

<sup>1)</sup> Der Kurs findet in den Sommermonaten OPEN AIR an der SUP Station (Werdersee) und nur bei schlechter Witterung in der FITNESS COMPANY statt.

EL = Kursevent Loft (4. OG) | YL = Yoga Loft (4. OG) | WL = Workout Loft (3. OG) | FL = Functional Loft (2. OG) | TF = Trainingsfläche (3. OG)