

MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG		
07:10 08:00	Functional Strength	FL	07:15 08:00	Good Morning Yoga	YL	09:45 10:45	QiGong	EL	07:15 08:15	LesMills BODYPUMP®	EL	10:00 11:00	ZUMBA® Gold	EL	10:15 11:15	Latin Joy	WL	10:30 11:30	LesMills BODYPUMP®	EL
09:45 10:45	Yoga Rückenfit	WL	07:15 08:15	LesMills BODYPUMP®	EL	10:00 11:00	Zirkeltraining	TF	09:30 10:30	Pilates	EL	10:00 11:00	Zirkeltraining	TF	11:45 12:45	LesMills BODYCOMBAT®	EL	11:00 12:00	Cycling	WL
09:45 10:45	Body & Mind	YL	10:00 11:00	ZUMBA® Gold	EL	11:00 12:30	RückenFit & Stretching	EL				11:15 12:15	RückenFit	EL	12:00 13:30	Kundalini Yoga	YL	11:45 12:45	Bodyforming	EL
10:45 12:00	Hatha Yoga	YL	11:05 12:00	Fit & Vital	EL										13:00 14:00	LesMills BODYBALANCE®	YL			
11:00 12:00	Bodyforming	EL	12:30 13:30	Vinyasa Yoga	YL										14:10 15:10	Bodyforming	EL			

17:00 18:00	LesMills BODYPUMP®	EL	17:00 18:00	ZUMBA®	EL	17:05 18:00	Vinyasa Yoga	YL	16:00 16:45	Pranayama Yoga & Meditation	YL	15:50 16:50	LesMills BODYBALANCE®	YL
17:30 18:45	Bodyforming	WL	17:00 18:00	Yoga RückenFit	YL	17:30 18:30	LesMills BODYPUMP®	EL	16:50 17:50	LesMills BODYATTACK®	EL	16:45 17:45	Jumping Fitness	EL
17:30 18:30	Functional Variations	FL	18:00 18:45	Tabata Functional	FL	18:00 19:00	Bodyforming	WL	17:00 18:00	Functional Variations	FL	16:55 17:55	Functional Core	YL
17:30 18:30	LesMills BODYBALANCE®	YL	18:00 19:00	Cycling	WL	18:00 19:00	RückenFit	YL	17:00 18:00	Kraftvoller Yoga-Flow	YL	17:00 18:00	Cycling	WL
18:00 19:00	LesMills BODYCOMBAT®	EL	18:15 19:15	LesMills BODYPUMP®	EL	18:00 19:00	Functional Fitness	FL	18:00 19:00	Functional Variations	FL	18:00 19:00	LesMills BODYPUMP®	EL
18:30 19:30	Functional Variations	FL	18:15 19:15	Vinyasa Yoga	YL	18:45 19:45	LesMills BODYCOMBAT®	EL	18:00 19:00	Cycling	WL	18:00 19:30	Vinyasa Yoga	YL
18:40 20:10	Vinyasa Yoga	YL	19:30 20:30	LesMills BODYCOMBAT® <i>classics</i>	EL	19:00 20:15	Hatha Yoga	YL	18:00 19:00	LesMills BODYPUMP®	EL	18:10 19:10	STRONG Nation	WL
19:00 20:00	Cycling	WL	19:30 20:30	Vinyasa Flow	YL	19:15 20:00	Functional Variations	FL	18:15 19:45	Yin Yoga	YL	19:15 20:15	ZUMBA®	EL
19:10 20:10	Pilates	EL	20:30 20:45	Stretching	EL	19:15 20:15	Cycling	WL	19:10 20:10	Jumping Fitness	EL			
									19:15 20:15	Cycling	WL			

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

