

MONTAG

10:00 10:45	Body Forming	R1
11:00 11:45	LesMills Bodybalance	R1
12:00 12:45	LesMills Bodypump	R1
13:00 13:30	LesMills CXworx	R1
15:30 16:15	LesMills Bodybalance	R1
16:30 17:15	LesMills Bodypump	R1
17:45 18:00	Bauch pur	R1
18:00 18:45	Go Athletic	FI
18:15 19:00	Body Forming	R1
19:15 20:00	LesMills Bodycombat	R1
20:15 21:00	Jumping Fitness	R1

DIENSTAG

09:30 10:15	Pilates	R1
10:30 11:15	LesMills Bodypump	R1
11:30 12:00	LesMills CXworx	R1
16:00 16:45	LesMills SH'BAM	R1
17:00 17:45	LesMills TONE	R1
18:00 18:45	LesMills Bodypump	R1
19:00 19:45	Go Athletic	FI
19:00 19:45	Pilates	R1
20:00 20:45	Faszientraining	R1

MITTWOCH

09:30 10:15	Fitness Yoga	R1
09:30 10:15	Cardio Coaching	CF
10:30 11:15	Jumping Basic	R1
11:30 12:15	LesMills TONE	R1
12:30 13:15	LesMills Bodybalance	R1
16:15 17:00	LesMills Bodypump	R1
17:15 18:00	LesMills Bodycombat	R1
18:00 18:45	Full Body Athletic	FI
18:15 19:00	RückenFit	R1
19:00 19:45	Full Body Athletic	FI
19:15 20:00	Power Fit Yoga	R1

DONNERSTAG

09:00 09:45	LesMills TONE	R1
10:00 10:45	ZUMBA®	R1
11:00 11:45	LesMills Bodypump	R1
12:00 12:30	LesMills CXworx	R1
12:45 13:30	LesMills Bodybalance	R1
17:30 18:15	Step	R1
18:30 19:15	ZUMBA®	R1
19:45 20:45	LesMills Bodypump	R1

FREITAG

08:15 09:00	LesMills Bodypump	R1
09:15 09:45	LesMills CXworx	R1
10:00 10:45	Jumping Fitness	R1
11:00 11:45	LesMills TONE	R1
12:00 12:45	LesMills Bodybalance	R1
15:00 15:45	LesMills Bodycombat	R1
16:00 16:45	LesMills Bodypump	R1
16:00 16:45	Go Athletic	FI
17:00 17:45	ZUMBA®	R1
18:00 18:45	Jumping Fitness	R1
19:00 19:45	Jumping Fitness	R1

SAMSTAG

10:15 11:00	Jumping Fitness	R1
11:15 12:00	LesMills Bodypump	R1
12:15 12:45	LesMills CXworx	R1
13:00 13:45	LesMills TONE	R1
14:00 14:45	LesMills SH'BAM	R1
SONNTAG		
10:30 11:15	ZUMBA®	R1
12:30 13:15	Body Forming	R1
13:30 14:15	LesMills Bodypump	R1
14:30 15:00	LesMills CXworx	R1
15:15 16:00	LesMills Bodycombat	R1

SPINNING

MONTAG

10:00 10:45	THE TRIP	SP
16:30 17:15	THE TRIP	SP
18:00 19:00	Spinning®	SP
19:15 20:15	Spinning®	SP

DIENSTAG

10:00 11:00	Spinning®	SP
16:30 17:15	THE TRIP	SP
19:15 20:15	Spinning®	SP

MITTWOCH

10:00 10:45	THE TRIP	SP
16:30 17:15	THE TRIP	SP
18:15 19:15	Spinning®	SP

DONNERSTAG

10:00 10:45	THE TRIP	SP
16:30 17:15	THE TRIP	SP
18:15 19:15	Spinning®	SP

FREITAG

10:00 11:00	Spinning®	SP
15:00 15:45	THE TRIP	SP
17:30 18:30	Spinning®	SP

SAMSTAG

10:15 11:00	THE TRIP	SP
SONNTAG		
11:00 12:00	Spinning®	SP
14:45 15:30	THE TRIP	SP

R1 = Raum 1 | R2 = Raum 2 | SP = Spinningraum | FI = Functionalfläche | CF = Cardiofläche