

MONTAG

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

DIENSTAG

09:30	Pilates	R1
10:15		
10:30	<i>LesMills</i> <small>VIRTUAL</small>	R1
11:15	Bodypump	
11:30	<i>LesMills</i> <small>VIRTUAL</small>	R1
12:00	CXworx	
16:00	<i>LesMills</i> <small>VIRTUAL</small>	R1
16:45	SH'BAM	
17:15	<i>LesMills</i> <small>NEUE ZEIT!</small>	R1
18:00	TONE	
18:15	<i>LesMills</i> <small>NEUE ZEIT!</small>	R1
19:00	Bodypump	
19:00	Go Athletic	FI
19:45		
19:15	<i>Pilates</i> <small>NEUE ZEIT!</small>	R1
20:00		
20:15	<i>Faszientraining</i> <small>NEUE ZEIT!</small>	R1
21:00		

MITTWOCH

09:30	Fitness Yoga	R1
10:15		
09:30	Cardio Coaching	CF
10:15		
10:30	Jumping Health	R1
11:15		
12:30	<i>LesMills</i> <small>VIRTUAL</small>	R1
13:15	Bodybalance	
16:15	<i>LesMills</i> <small>VIRTUAL</small>	R1
17:00	Bodypump	
17:15	<i>LesMills</i>	R1
18:00	Bodycombat	
18:00	Full Body Athletic	FI
18:45		
18:15	RückenFit	R1
19:00		
19:00	Full Body Athletic	FI
19:45		
19:15	Power Fit Yoga	R1
20:00		
20:15	Power Fit Yoga II <small>NEU!</small>	R1
21:00		

DONNERSTAG

10:00	ZUMBA®	R1
10:45		
11:00	<i>LesMills</i>	R1
11:45	Bodypump	
12:00	<i>LesMills</i> <small>VIRTUAL</small>	R1
12:30	CXworx	
12:45	<i>LesMills</i> <small>VIRTUAL</small>	R1
13:30	Bodybalance	
17:30	<i>LesMills</i> <small>NEU!</small>	R1
18:15	Bodybalance	
18:00	Bauch pur <small>NEU!</small>	FI
18:15		
18:30	Cardio Coaching <small>NEU!</small>	CF
19:30		
18:30	ZUMBA®	R1
19:15		
19:45	<i>LesMills</i>	R1
20:45	Bodypump	

FREITAG

08:15	<i>LesMills</i> <small>VIRTUAL</small>	R1
09:00	Bodypump	
09:15	<i>LesMills</i> <small>VIRTUAL</small>	R1
09:45	CXworx	
10:00	Jumping Fitness	R1
10:45		
12:00	<i>LesMills</i> <small>VIRTUAL</small>	R1
12:45	Bodybalance	
15:00	<i>LesMills</i> <small>VIRTUAL</small>	R1
15:45	Bodycombat	
16:00	<i>LesMills</i>	R1
16:45	Bodypump	
16:00	Go Athletic	FI
16:45		
17:00	ZUMBA®	R1
17:45		
17:00	Boxschule	R2
18:00		
18:00	Jumping Fitness	R1
18:45		
19:00	Jumping Fitness	R1
19:45		

SAMSTAG

12:15	<i>LesMills</i> <small>VIRTUAL</small>	R1
13:00	Bodypump	
13:15	<i>LesMills</i> <small>VIRTUAL</small>	R1
13:45	CXworx	
14:00	<i>LesMills</i> <small>VIRTUAL</small>	R1
14:45	SH'BAM	

SONNTAG

10:30	ZUMBA®	R1
11:15		
12:30	Body Forming	R1
13:15		
13:30	<i>LesMills</i>	R1
14:15	Bodypump	
14:30	<i>LesMills</i>	R1
15:00	CXworx	
15:15	<i>LesMills</i>	R1
16:00	Bodycombat	

SPINNING

MONTAG

10:00	<i>THE TRIP</i> <small>VIRTUAL</small>	SP
10:45		
16:30	<i>THE TRIP</i> <small>VIRTUAL</small>	SP
17:15		
18:00	Spinning®	SP
19:00		
19:15	Spinning®	SP
20:15		

DIENSTAG

10:00	Spinning®	SP
11:00		
16:30	<i>THE TRIP</i> <small>VIRTUAL</small>	SP
17:15		
19:30	Spinning®	SP
20:30		

MITTWOCH

10:00	<i>THE TRIP</i> <small>VIRTUAL</small>	
10:45		
16:30	<i>THE TRIP</i> <small>VIRTUAL</small>	
17:15		
18:15	Spinning®	SP
19:15		

DONNERSTAG

10:00	<i>THE TRIP</i> <small>VIRTUAL</small>	SP
10:45		
16:30	<i>THE TRIP</i> <small>VIRTUAL</small>	SP
17:15		
18:15	Spinning®	SP
19:15		

FREITAG

10:00	Spinning®	SP
11:00		
15:00	<i>THE TRIP</i> <small>VIRTUAL</small>	SP
15:45		
17:30	Spinning®	SP
18:30		

SAMSTAG

12:15	<i>THE TRIP</i> <small>VIRTUAL</small>	SP
13:00		

SONNTAG

11:00	Spinning®	SP
12:00		
14:45	<i>THE TRIP</i> <small>VIRTUAL</small>	SP
15:30		

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