

## MONTAG

09:00	<b>Spinning©</b>
10:00	Raum 4/Rock Ride
10:00	<b>Rücken Fit</b>
11:00	Raum 2/Rock Power
17:00	<b>Bauch X Press</b>
17:15	Raum 1
17:15	<b>Go Functional</b>
18:00	Raum 3/Rock Cross
17:30	<b>Bodypump®</b>
18:30	Raum 2/Rock Power
17:30	<b>Spinning©</b>
18:30	Raum 4/Rock Ride
18:15	<b>X-Fit</b>
19:45	Raum 3/Rock Cross
18:30	<b>Body Attack®</b>
19:00	Raum 1
19:05	<b>Bauch Beine Po</b>
20:05	Raum 1
18:45	<b>Spinning©</b>
19:45	Raum 4/Rock Ride
18:45	<b>Power Rücken Fit</b>
19:45	Raum 2/Rock Power
20:05	<b>Faszien Mobilisation</b>
21:05	Raum 1

## DIENSTAG

09:00	<b>Rücken Fit</b>
10:00	Raum 2/Rock Power
17:00	<b>Bauch X Press</b>
17:15	Raum 1
17:15	<b>Be Balanced</b>
17:45	Raum 1
17:30	<b>Bodyforming</b>
18:30	Raum 2/Rock Power
17:30	<b>Spinning©</b>
19:00	Raum 4/Rock Ride
17:30	<b>Go Functional Gold</b>
18:30	Raum 3/Rock Cross
17:45	<b>Body Attack®</b>
18:45	Raum 1
18:00	<b>Thaiboxing</b>
19:00	Key Gym/Rock Fight
18:45	<b>Go Athletic</b>
19:15	Raum 3/Rock Cross
18:45	<b>Step</b>
19:45	Raum 1
18:45	<b>Bodypump®</b>
19:45	Raum 2/Rock Power
18:45	<b>Lauftreff</b>
19:45	Outdoor
19:30	<b>Gladiator School</b>
20:30	Fitness Gladiator
19:50	<b>Body Combat®</b>
20:50	Raum 2/Rock Power

## MITTWOCH

09:15	<b>Go Functional Gold</b>
10:15	Raum 3/Rock Cross
10:00	<b>Be Balanced</b>
10:30	Raum 1
10:30	<b>Faszien Mobilisation</b>
11:30	Raum 1
17:00	<b>Bauch X Press</b>
17:15	Raum 1
17:30	<b>Yoga</b>
19:00	Raum 2/Rock Power
17:45	<b>HIIT</b>
18:45	Raum 1
18:00	<b>Spinning©</b>
19:00	Raum 4/Rock Ride
18:45	<b>X-Fight</b>
20:15	Raum 3/Rock Cross
19:00	<b>Body Pump®</b>
20:00	Raum 2/Rock Power

AB AUGUST

## DONNERSTAG

09:00	<b>Rücken Fit</b>
10:00	Raum 2/Rock Power
10:15	<b>Be Balanced</b>
10:45	Raum 1
17:00	<b>Bauch X Press</b>
17:15	Raum 1
17:00	<b>Bodypump®</b>
18:00	Raum 2/Rock Power
17:30	<b>Bodyforming</b>
18:30	Raum 1
18:10	<b>Body Combat®</b>
19:10	Raum 2/Rock Power
18:15	<b>Go Functional</b>
19:00	Raum 3/Rock Cross
19:15	<b>Spinning©</b>
20:15	Raum 4/Rock Ride
19:15	<b>Body Attack®</b>
20:15	Raum 2/Rock Power

## FREITAG

09:30	<b>Best Fit</b>
10:15	Raum 2/Rock Power
10:15	<b>Yogilates</b>
11:00	Raum 2/Rock Power
17:00	<b>Bauch X Press</b>
17:15	Raum 1
17:30	<b>Bodyforming</b>
18:30	Raum 1
17:30	<b>Go Athletic</b>
18:00	Raum 3/Rock Cross
18:00	<b>Thaiboxing</b>
19:00	Key Gym/Rock Fight
18:15	<b>Bodypump®</b>
19:15	Raum 2/Rock Power
18:15	<b>Gladiator School</b>
19:15	Fitness Gladiator

## SAMSTAG

13:00	<b>Selbstverteidigung</b>
15:30	j. 1. Sa. Raum 1
13:00	<b>Xletix</b>
15:00	j. 3. Sa. Raum 3
16:00	<b>Bodypump®</b>
17:00	Raum 2/Rock Power

## SONNTAG

11:00	<b>Body Attack®</b>
12:00	Raum 2/Rock Power
12:15	<b>Bodyforming</b>
13:15	Raum 2/Rock Power