

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
RAUM 1	RAUM 2	RAUM 1	RAUM 2	RAUM 1	RAUM 2	RAUM 1	RAUM 2	RAUM 1	RAUM 2	RAUM 1	RAUM 2	RAUM 1	RAUM 2
		09.30 - 10.30 Fit&Vital				09.30 - 10.15 Fit&Vital 45'							
10.00 - 10.45 bauch beine po 45'				10.00 - 11.00 RückenFit				10.00 - 11.00 bauch beine po				11.15 - 11.30 LES MILLS BODYPUMP Technik	
10.50 - 11.35 RückenFit 45'					11.15 - 11.45 CROSSFITNESS					11.00 - 12.00 LES MILLS BODYPUMP		11.30 - 12.30 LES MILLS BODYPUMP	12.00 - 12.15 CORE X-Press
										12.05 - 13.05 LES MILLS BODYATTACK		12.45 - 13.45 LES MILLS BODYBALANCE	12.35 - 13.35 Cycling
		17.30 - 18.00 LES MILLS CXWORX	17.30 - 18.30 Body Forming		17.00 - 17.15 CORE X-Press	17.30 - 18.30 ZUMBA		17.00 - 17.55 HIT Spezial		13.15 - 14.30 ZUMBA 75'	13.05 - 13.35 LES MILLS CXWORX		
18.00 - 19.00 bauch beine po	18.00 - 19.00 STEP Freestyle	18.05 - 19.00 LES MILLS BODYATTACK	18.45 - 19.45 Cycling	18.15 - 19.15 LES MILLS BODYPUMP	17.15 - 18.15 RückenFit	18.35 - 19.35 LES MILLS BODYPUMP	18.35 - 19.35 Cycling	18.00 - 19.00 Fit-Mix	18.05 - 19.05 Cycling intensiv				
19.05 - 20.05 LES MILLS BODYPUMP	19.05 - 20.05 RückenFit	19.05 - 19.55 LES MILLS BODYPUMP 45'		19.30 - 20.30 ZUMBA	18.20 - 19.20 Cycling	19.40 - 20.40 LES MILLS BODYBALANCE		19.05 - 20.20 Yoga					
		20.00 - 21.00 LES MILLS BODYBALANCE											