

MONTAG - LUNDI	DIENSTAG - MARDI	MITTWOCH - MERCREDI	DONNERSTAG - JEUDI	FREITAG - VENDREDI	SAMSTAG - SAMEDI
09:00-10:00 BACK STRENGTH Julie Spengler	09:00-10:00 STRETCH Julie	09:00-10:00 BACK POWER Julie	09:00-10:00 BALANCE Julie	09:00-10:00 CIRCUIT Julie	10:00-11:00 PILATES MINI BALL Leonie
16:00-17:00 HULA HOOP Jessica Lenders	16:00-17:00 BODYTONING Dieuveille	12:30-13:30 PILATES MINI BALL Leonie	16:00-17:00 BODYTONING Dieuveille	11:00-12:00 YOGA FOR THE BACK Leonie	11:30-12:30 MYOFASCIAL Janequa
17:15-18:15 BODYTONING Janequa	17:00-18:00 BODYTONING Dieuveille	16:00-16:45 JUMPING Aris	17:20-18:20 PILATES SWISS BALL Fatima	16:00-17:00 KETTLEBELL Tom	13:00-13:45 JUMPING 14TÄGIG Dieuveille
18:30-19:30 BODYTONING Dieuveille	18:00-19:00 STEP AEROBIC Geoffrey	17:00-18:00 STRONG NATION Sandra	18:30-19:30 BODYTONING William	17:00-18:00 YOGA Leonie	14:00-15:00 BOXING FITNESS Ralf
19:30-20:30 BOXING FITNESS Dieuveille	19:00-20:00 PILATES SWISS BALL Fatima	18:00-19:00 FITCROSS Alina	19:45-20:45 FITCROSS Alina	18:00-19:00 PILATES Leonie	
20:30-21:30 PILATES Leonie	20:30-21:30 YOGA Leonie	19:00-20:00 BODYSTIL William		19:15-20:00 JUMPING Aris	
		20:30-22:00 POLE DANCE Celine		20:15-21:45 POLE DANCE Celine	