

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SONNTAG
KURSRAUM STONE	TRAININGS- FLÄCHE	KURSRAUM STONE	TRAININGS- FLÄCHE	KURSRAUM STONE	TRAININGS- FLÄCHE	KURSRAUM STONE	TRAININGS- FLÄCHE	KURSRAUM STONE	TRAININGS- FLÄCHE	KURSRAUM STONE
09.00 - 09.55 PILATES		09.00 - 09.45 RÜCKEN FIT		09.00 - 09.55 FITMIX		09.00 - 09.55 PILATES		09.00 - 09.55 MOBILITY & FASZIEN		
10.00 - 10.55 STEP & MORE			10.00 - 11.00 FUNCTIONAL	10.00 - 10.55 MOBILITY, FASZIEN & RELAX	10.00 - 11.00 CARDIO		10.00 - 11.00 FUNCTIONAL	10.00 - 10.55 RÜCKEN FIT & RELAX	10.00 - 11.00 CARDIO	
	11.00 - 12.00 CARDIO									11.00 - 11.55 BODYSTYLING
								16.00 - 16.55 PILATES	16.00 - 17.00 FUNCTIONAL	12.00 - 12.55 BOXEN
17.30 - 18.15 RÜCKEN FIT	17.30 - 18.30 FUNCTIONAL	17.00 - 17.55 FITMIX		17.00 - 17.45 RÜCKEN FIT		17.00 - 17.45 MOBILITY & FASZIEN		17.00 - 17.55 DANCE		
18.30 - 19.25 LANGHANTEL		18.00 - 18.55 POWER & FLOW	18.00 - 19.00 CARDIO	18.00 - 18.55 STEP & MORE	18.00 - 19.00 FUNCTIONAL	18.00 - 18.55 BODYSTYLING	18.00 - 19.00 CARDIO			
19.30 - 20.25 MOBILITY, FASZIEN & RELAX		19.00 - 19.55 ZUMBA		19.00 - 19.55 YOGA		19.00 - 19.55 BALANCE				