

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08:05 – 09:05 HIT Yoga	09:15 – 09:45 HIIT	08:05 – 09:05 HIT Yoga	08:05 – 09:05 HIT Yoga	09:15 – 09:45 HIIT	08:05 – 09:05 HIT Yoga
09:10 – 09:40 Jumping	09:45 – 10:45 Pilates	08:30 – 09:30 Nordic Walking	09:15 – 10:15 Jumping Intervall	09:45 – 10:45 Faszienflow	09:15 – 10:15 Abs & Butt
09:45 – 10:15 Sling & Tone	17:45 – 18:45 Functional Workout	09:10 – 09:40 Jumping	09:20 – 10:20 MAWIBA	16:00 – 17:00 Yoga	Sonntag
10:20 – 11:20 Rückenfit	18:45 – 19:45 Pilates	09:45 – 10:15 Abs & Butt	18:30 – 19:30 Functional Workout	17:00 – 18:00 Rückenfit	09:15 – 10:15 Bodynetics
18:30 – 19:15 Sling & Tone	18:45 – 19:30 Klangmeditation	17:15 – 18:15 Stabile Mitte	19:30 – 20:30 Zumba®	18:05 – 19:05 Jambo Step	
19:20 – 20:20 Bodystyling	19:45 – 20:30 Klangmeditation	18:15 – 19:15 HIIT			
		19:25 – 19:55 Jumping			