

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09:10 – 10:10 Lady Pump	08:30 – 09:30 Yoga	09:00 – 10:00 Nordic Walking	09:15 – 10:15 Jumping Intervall	09:15 – 10:15 HIIT	09:15 – 10:15 Abs & Butt
10:20 – 11:20 Rückenfit	09:35 – 10:35 Pilates	09:10 – 09:40 Jumping	18:30 – 19:30 Functional Workout	09:45 – 10:45 Faszienflow	10:15 – 11:30 Yoga
18:30 – 19:15 Sling & Tone	17:45 – 18:45 Functional Workout	09:50 – 10:50 Abs & Butt	19:30 – 20:30 Zumba®	16:00 – 17:00 Yoga	Sonntag
19:20 – 20:20 Bodystyling	18:45 – 19:45 Pilates	17:15 – 18:15 Stabile Mitte		17:00 – 18:00 Rückenfit	
	18:45 – 19:30 Klangmeditation	18:15 – 19:15 HIIT		18:05 – 19:05 Jambo Step	
	19:45 – 20:30 Klangmeditation	19:25 – 19:55 Jumping			