

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:00	08:15 Yoga 60 Minuten				08:15 Pilates 60 Minuten Marina		
8:30							
9:00							
9:30	Yoga 75 Minuten Maria	Pump Express	Pilates	Pilates	Pilates	Pilates	LesMills BODYBALANCE
10:00		Anja	Anja	Anja	Sabiha	Sharon/Anja	Tatjana
10:30		LesMills BODYBALANCE					
11:00	Yoga Corinna	Anja					
11:30							
16:00							
16:30			16:45 Pilates Judith				
17:00	Pilates				Pump Express Anja		
17:30	Sharon	17:45 Yoga 75 Minuten Maria	17:45 LesMills BODYBALANCE Anja				
18:00	Pilates		18:45 Yoga 75 Minuten Maria	Pilates	LesMills BODYBALANCE Anja		Männer Yoga Anja
18:30	Anja			Anja	Anja		
19:00	Pilates	Pilates		LesMills BODYBALANCE Anja			
19:30	Anja	Sabiha		Anja			
20:00	LesMills SHAPES 60 Minuten Tatjana	LesMills BODYBALANCE 60 Minuten Tatjana	20:15 Pilates 60 Minuten Sabiha	Yoga 75 Minuten Maria			
21:00							