

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					
11:30	Corinna	Anja					
16:00							
16:30			16:45 Pilates				
17:00	Pilates		Judith		Pump Express		
17:30	Sharon	17:45 Yoga 75 Minuten	17:45 LesMills BODYBALANCE		Anja		
18:00	Pilates		Anja	Pilates	LesMills BODYBALANCE		Männer Yoga
18:30	Anja	Maria	18:45 Yoga 75 Minuten	18-19 Uhr Anja	Anja		Anja
19:00	Pilates	Pilates		LesMills BODYBALANCE			
19:30	Anja	Sabiha	Maria	19-20 Uhr Anja			
20:00	LesMills SHAPES 60 Minuten	LesMills BODYBALANCE 60 Minuten	20:15 Pilates 60 Minuten	Yoga 75 Minuten			
21:00	Tatjana	Tatjana	Sabiha	20-21:15 Uhr Maria			