

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00					08:15 Pilates		
08:30					Marina		
09:00							
09:30	Yoga 75 Minuten	Pump Express	Pilates	Pilates	Pilates	Pilates	LesMills BODYBALANCE
10:00		Anja	Anja	Anja	Sabiha	Anja	Tatjana
10:30		Maria	LesMills BODYBALANCE				
11:00	Yoga	Anja					
11:30		Corinna					
16:00							
16:30			16:45 LesMills Pilates				
17:00	LesMills Pilates		Judith	Betriebssport Eppendorf	Pump Express		
17:30		Sharon	17:45 Yoga 75 Minuten		17:45 LesMills BODYBALANCE	Anja	Anja
18:00	Pilates		Anja	Pilates	LesMills BODYBALANCE		Männer Yoga
18:30		Anja	Maria		Anja	Anja	Anja
19:00	Pilates	Pilates		LesMills BODYBALANCE			
19:30		Anja	Sabiha		Maria	Anja	
20:00	LesMills SHAPES 45 Minuten	LesMills BODYBALANCE	20:15 Pilates	Yoga 75 Minuten			
20:30		Tatjana	Tatjana		Sabiha	Maria	