

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:45 10:45 Yoga Rückenfit WL	07:15 08:15 LesMills BODYPUMP® EL	09:45 11:00 QiGong EL	07:15 08:15 LesMills BODYPUMP® EL	09:45 10:45 Zirkeltraining TF	11:45 12:45 LesMills BODYCOMBAT® EL	10:15 11:15 LesMills BODYPUMP® EL
09:45 10:45 Body & Mind YL	10:00 11:00 ZUMBA® Gold EL	10:00 11:00 Zirkeltraining TF	09:30 10:30 Pilates YL	10:00 11:00 ZUMBA® Gold EL	12:00 13:30 Kundalini Yoga YL	11:15 12:15 Bodyforming WL
10:45 11:45 Hatha Yoga YL	10:30 11:30 Fit & Vital WL	11:00 12:30 RückenFit & Stretching EL	10:45 12:00 Vinyasa Yoga YL	11:15 12:15 RückenFit EL	13:00 14:00 Jumping Fitness EL	11:30 12:30 LesMills BODYATTACK® EL
11:00 12:00 Bodyforming EL	12:30 13:30 Vinyasa Yoga YL				14:10 15:10 Bodyforming WL	12:45 13:45 Cycling WL

17:00 18:00 LesMills BODYPUMP® EL	17:00 18:00 ZUMBA® EL	17:30 18:30 LesMills BODYPUMP® EL	18:00 19:00 Functional Variations FL	15:50 16:50 LesMills BODYBALANCE® YL
17:30 18:45 Bodyforming WL	17:30 18:30 Yin Yoga YL	18:00 19:00 Bodyforming WL	18:00 19:00 LesMills BODYATTACK® EL	16:45 17:45 Jumping Fitness EL
17:30 18:30 LesMills BODYBALANCE® YL	18:00 18:45 Tabata Functional FL	18:00 19:00 RückenFit YL	18:00 19:00 Cycling WL	16:55 17:55 Functional Core YL
17:30 18:30 Functional Variations FL	18:00 19:00 Cycling WL	18:45 19:45 LesMills BODYCOMBAT® EL	18:00 19:30 Slow Vinyasa Yoga YL	17:00 18:00 Cycling EL
18:00 19:00 LesMills BODYCOMBAT® EL	18:15 19:15 LesMills BODYPUMP® EL	19:00 20:00 Hatha Yoga YL	19:15 20:15 Bodyforming WL	17:15 18:00 Functional Variations FL
18:40 19:40 Vinyasa Yoga YL	18:45 19:45 Vinyasa Yoga YL	19:00 20:00 Functional Variations FL		18:00 19:00 LesMills BODYPUMP® EL
19:00 20:00 Cycling WL	19:15 20:15 RückenFit WL	19:15 20:15 Cycling WL		18:00 19:30 Vinyasa Yoga YL
19:10 20:10 Pilates EL	19:30 20:30 LesMills BODYCOMBAT® EL	20:00 21:00 Jumping Fitness EL		19:00 20:00 ZUMBA® EL
	20:35 20:50 Stretching EL	20:00 :00 Yin Yoga YL		

IT NEVER
GETS EASIER
YOU
JUST GET
BETTER