

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00							
09:00						Yoga 09:15 – 10:15	
10:00	Pilates 09:30 – 10:30	Reha-Sport 10:00 – 10:45	TRX 09:30 – 10:00	Reha-Sport 10:00 – 10:45		Zumba 10:15 – 11:15	Tabata 10:15 – 11:15
11:00		Body Shape 11:00 – 12:00		Body Shape 11:00 – 12:00		Reha-Sport 11:15 – 12:15	
12:00							
Mittags finden zur Zeit keine Kurse statt!							
16:00							
17:00		Reha-Sport 17:00 – 17:45					
18:00	Bauch intensiv 18:00 – 18:30	Crossfit 18:00 – 19:00					
	BODEGA moves 18:30 – 19:30		Pilates 18:30 – 19:30	Booty Burn 18:30 – 19:00			
19:00	Jumping 19:30 – 20:30	Body Pump 19:00 – 20:00		HIIT Fatburn 19:00 – 20:00			
20:00		Dehnen 20:00 – 20:30					
21:00							