

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