

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00							
09:00					Bodyforming 09:00 – 10:00	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	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			
Mittags finden zur Zeit keine Kurse statt!							
17:00	TRX 17:30 – 18:00	Reha-Sport 17:00 – 17:45	Rücken Fit 17:30 – 18:15				
18:00	Bauch intensiv 18:00 – 18:30	Crossfit 18:00 - 19:00		Booty Burn 18:30 – 19:00			
19:00	Pilates mit Terraband 18:30 – 19:30	Bodyforming 18:00 – 19:00	Pilates 18:30 – 19:30	HIIT Fatburn 19:00 – 20:00			
20:00	Jumping 19:30 – 20:30		Langhantel Training 19:30 – 20:30				
21:00							