

## Montag

07:00 - 07:55	Rückenfit	Raum I	Nora
08:00 - 08:55	Pilates Allegro	Raum II	Brigitte
09:00 - 09:55	Toning	Raum I	Adrien
10:00 - 10:55	Pilates Mat	Raum I	Adrien
12:15 - 13:10	BODYPUMP®	Raum I	Sibylle
12:15 - 13:00	TRX CORE&STRETCH	Raum II	Silke
17:30 - 18:30	BODYBALANCE® <i>NEUE ZEIT</i>	Raum II	Maria
17:30 - 18:25	Power Hour	Raum I	Chris
18:30 - 19:30	BODYPUMP®	Raum I	Giorgia

## Dienstag

08:30 - 09:25	VITAL - FITNESS	Raum I	Daniel
12:00 - 13:00	Outdoor Running	Outdoor	Team
12:15 - 13:10	TOSO X	Raum I	Chris
17:30 - 18:00	BODYATTACK®	Raum I	Samira
18:00 - 18:30	CXWORX®	Raum I	Samira
18:30 - 19:25	Pilates Mat	Raum II	Adrien
19:30 - 21:00	Yoga	Raum I	Sudheesh

## Mittwoch

08:00 - 08:55	Pilates Allegro	Raum II	Brigitte
09:00 - 09:55	Pilates Allegro	Raum II	Brigitte
09:00 - 09:55	Rückenfit	Raum I	Adrien
12:15 - 13:10	ZUMBA	Raum II	Camila
12:15 - 13:15	BODYPUMP®	Raum I	Andrea
17:15 - 18:00	BODYVIVE®	Raum I	Gabi
18:15 - 18:55	Beach Body Fit	Raum I	Florian
18:00 - 19:00	BODYBALANCE®	Raum II	Gabi
19:15 - 20:00	TRX BOOTCAMP	Raum II	Silke

## Donnerstag

08:00 - 08:50	VITAL - FITNESS	Raum I	Evelyne
12:00 - 13:00	Outdoor Running	Outdoor	Simone
12:15 - 13:10	Pilates Mat	Raum I	Marcella
12:15 - 13:00	TRX BOOTCAMP	Raum II	Chris
14:15 - 15:10	Pilates Allegro	Raum II	Brigitte
17:30 - 18:30	Fit-Gym	Raum I	Sonja
18:30 - 19:25	TOSO X	Raum I	Chris
18:30 - 19:00	BBP Express	Raum II	Sonja

## Freitag

08:00 - 08:55	Yoga <i>NEUE ZEIT</i>	Raum II	Sudheesh
08:30 - 09:25	Rückenfit	Raum I	Selina
09:30 - 10:25	Toning/Dynamite Club <i>NEU</i>	Raum I	Selina
12:15 - 13:10	BODYBALANCE®	Raum I	Giorgia
12:15 - 13:10	Pilates Allegro	Raum II	Brigitte
17:00 - 17:55	Pilates Mat	Raum I	Adrien
18:00 - 19:00	BODYPUMP®	Raum I	Adrien

## Samstag

10:00 - 11:00	BODYATTACK®	Raum I	Marylin
11:00 - 12:00	BODYPUMP®	Raum I	Sophia
12:00 - 12:30	Bauch Express <i>NEU</i>	Raum II	Sophia

## Sonntag

10:00 - 11:00	BODYATTACK®	Raum I	Sophia
11:00 - 12:00	BODYPUMP®	Raum I	Sybilie
12:00 - 12:30	Bauch Express <i>NEU</i>	Raum II	Sybilie