

Montag

07:00 - 07:55	Rückenfit	Raum I	Simone
08:00 - 08:55	Pilates Allegro	Raum II	Brigitte
09:00 - 09:55	Toning NEU	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	Dario
17:30 - 18:25	Power Hour	Raum I	Chris
18:30 - 19:30	BODYPUMP®	Raum I	Giorgia
18:30 - 19:30	BODYBALANCE®	Raum II	Maria

Dienstag

08:30 - 09:25	VITAL - FITNESS	Raum I	Daniel
12:00 - 13:00	Outdoor Running	Outdoor	Simone
12:15 - 13:10	TOSO X	Raum I	Chris
17:30 - 18:00	BODYATTACK®	Raum I	Sophia
18:00 - 18:25	CXWORX®	Raum I	Sophia
18:30 - 19:25	Pilates Mat	Raum II	Rahel
19:30 - 20:30	Yoga	Raum I	Florian C.

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	Yesenia
12:15 - 13:15	BODYPUMP®	Raum I	Andrea
17:15 - 18:00	BODYVIVE®	Raum I	Florian C.
18:15 - 18:55	Beach Body Fit	Raum I	Florian
18:00 - 19:00	BODYBALANCE®	Raum II	Florian C.
19:15 - 20:00	TRX BOOTCAMP NEU	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	Anna
17:30 - 18:30	BODYATTACK®	Raum I	Sonja
18:30 - 19:25	TOSO X	Raum I	Chris
18:30 - 19:00	CXWORX®	Raum II	Sonja

Freitag

08:00 - 08:55	Yoga NEUE ZEIT	Raum II	Susan S.
08:30 - 09:25	Rückenfit	Raum I	Selina
09:30 - 10:25	Toning/Dynamite Club NEU	Raum I	Selina
12:15 - 13:10	BODYBALANCE®	Raum I	Giorgia
12:15 - 13:10	Pilates Allegro	Raum II	Anna
17:00 - 17:55	Pilates Mat	Raum I	Christina
18:00 - 19:00	BODYPUMP®	Raum I	Sophia

Samstag

10:00 - 11:00	BODYATTACK®	Raum I	Sophia
11:00 - 12:00	BODYPUMP®	Raum I	Sophia
12:00 - 12:30	Bauch Express NEU	Raum II	Sophia

Sonntag

10:00 - 11:00	BODYBALANCE®	Raum I	Giorgia
11:00 - 12:00	BODYPUMP®	Raum I	Sophia
12:00 - 12:30	Bauch Express NEU	Raum II	Sophia