

Montag

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|---------------|------------------|---------|----------|
| 07:00 - 07:55 | Rückenfit | Raum I | Simone |
| 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 | Selina |
| 17:30 - 18:30 | BODYBALANCE® | Raum II | Gabi |
| 17:30 - 18:25 | Power Hour | Raum I | Katrin |
| 18:30 - 19:30 | BODYPUMP® | Raum I | Sophia |

Dienstag

| | | | |
|---------------|-----------------|---------|-------------|
| 08:30 - 09:25 | VITAL - FITNESS | Raum I | Selina |
| 12:00 - 13:00 | Outdoor Running | Outdoor | Simone |
| 12:15 - 13:10 | TOSO X | Raum I | Nicole Sch. |
| 17:30 - 18:00 | BODYATTACK® | Raum I | Sophia |
| 18:00 - 18:30 | CXWORX® | Raum I | Sophia |
| 18:30 - 19:25 | Pilates Mat | Raum II | Dominique |
| 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 - 18:15 | LES MILLS TONE® | Raum II | Gabi |
| 18:15 - 18:55 | Beach Body Fit | Raum I | Florian |
| 19:15 - 20:00 | TRX BOOTCAMP | Raum II | Florian |

Donnerstag

| | | | |
|---------------|----------------------------------|---------|----------|
| 08:30 - 09:25 | VITAL - FITNESS <i>NEUE ZEIT</i> | Raum I | Daniel |
| 12:00 - 13:00 | Outdoor Running | Outdoor | Simone |
| 12:15 - 13:10 | Pilates Mat | Raum I | Brigitte |
| 12:15 - 13:00 | TRX BOOTCAMP | Raum II | Dario |
| 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 | Melli |

Freitag

| | | | |
|---------------|-----------------------|---------|----------|
| 07:30 - 08:25 | Yoga <i>NEUE ZEIT</i> | Raum II | Sudheesh |
| 08:30 - 09:25 | Rückenfit | Raum I | Selina |
| 09:30 - 10:25 | BodyWorkout | Raum I | Selina |
| 12:15 - 13:10 | BODYBALANCE® | Raum I | Olaf |
| 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 | Raum II | Sophia |

Sonntag

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

**Ab 19 Uhr
"GOOD-BYE
ADRIEN"
APÉRO**