

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
V o r m i t t a g	09.15 - 10.15 Uhr BODYPUMP classroom 3	09.15- 10.15 Uhr Step Level I-II classroom 3	09.15 - 10.15 Uhr BODYPUMP classroom 3	09.15 - 10.15 Uhr Power Fatburner classroom 3	09.15 - 10.15 Uhr Pilates classroom 3		
	10.30 - 11.30 Uhr Hatha-Yoga classroom 3	10.30 - 11.30 Uhr BODYBALANCE classroom 3	10.30 - 11.30 Uhr WSG classroom 3	10.30 - 11.30 Uhr B.B.P classroom 3	10.30 - 11.30 Uhr BestAge classroom 3		11.10 -11.30 Uhr Bauch PUR classroom 3
N a c h m i t t a g	17.45 - 18.45 Uhr Body Styling classroom 1	17.45 - 18.45 Uhr BODYPUMP classroom 3	17.00 - 18.00 Uhr BODYBALANCE classroom 3	17.15 - 18.00 Uhr WSG classroom 1	17.00 - 17.20 Uhr Bauch PUR classroom 1		
	17.45 - 18.45 Uhr Step Level II-III classroom 3	18.50 - 19.50 Uhr B.B.P classroom 3	18.15 - 19.15 Uhr Step Level II classroom 1	17.45 - 18.45 Uhr B.B.P classroom 3	17.30 - 18.30 Uhr BODYBALANCE classroom 3		
	18.55 - 19.55 Uhr BODYPUMP classroom 3	20.00 - 21.00 Uhr Boxen classroom 3	18.15 - 19.15 Uhr BODYPUMP classroom 3	18.55 - 19.55 Uhr BODYPUMP classroom 3	17.30 - 18.30 Uhr BodyStyling classroom 1		
	20.05 - 21.05 Uhr BODYBALANCE classroom 3		19.30 - 20.30 Uhr Pilates classroom 3	19.00 - 20.00 Uhr Dance Workout classroom 1	18.35 - 19.35 Uhr Boxen classroom 3		
				20.15 - 21.15 Uhr Jump + Strong-Body classroom 3			
C y c l i n g		09.15 -10.15 Uhr Indoorcycle Level I-II					
	18.00 - 18.55 Uhr Indoorcycle Level I		18.15 - 19.15 Uhr Indoorcycle Level II	18.00 - 18.55 Uhr Indoorcycle Level I-II	09.15 - 10.15 Uhr Indoorcycle Level I-II		10.30 - 11.30 Uhr Indoorcycle Level I-II
	19.00 - 19.55 Uhr Indoorcycle Level II			19.00 - 19.55 Uhr Indoorcycle Level II-III	17.30 - 18.30 Uhr Indoorcycle Level I-II		11.40 - 12.40 Uhr Indoorcycle Level II
20.00 - 20.55 Uhr Indoorcycle Level III							
R ü c k e n	09.15 - 10.15 Uhr Rückenfitness						
	18.55 - 19.55 Uhr Rückenfitness		18.15 - 19.15 Uhr Rückenfitness			11.15 - 12.15 Uhr Rückenfitness	

Alle Indoorcycle Kurse finden im classroom 2 statt!