

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
WAKE UP Jeanette 08:00 - 09:00 F5	FASZIENTRAINING Nicole 09:15 - 09:45 F5	BESTAGE WORKOUT Regina 08:15 - 09:15 F5	VINYASA YOGA Anette 08:00 - 09:30 F2	PILATES Nicole 08:30 - 09:30 F5	BODYART Jeanette 10:00 - 11:15 F2	JUMPING Eva/Jessi/Kira 09:30 - 10:30 F5 <small>MIT ANMELDUNG</small>
RÜCKENFIT Lilli 09:00 - 10:00 F5	YOGA Ramona 09:30 - 11:00 F2	BODYWORKOUT Regina 09:15 - 10:15 F5	FITMIX Mariella 08:30 - 09:30 F4	CLASSIC PILATES Beate 09:30 - 10:30 F5	JUMPING Heike 10:00 - 11:00 F5 <small>MIT ANMELDUNG</small>	SUN YOGA Bilonda 10:00 - 11:15 F2 <small>NACHAUSHANG</small>
FUNCTIONAL Lilli 10:00 - 11:00 F5	BBP Nicole 09:45 - 10:45 F5	BODY & SOUL Steffi 10:00 - 11:30 F2	FUNCTIONAL KIDS Eva 17:00 - 18:00 F4 <small>AB 7 JAHREN</small>	YOGA Simone 09:30 - 10:45 F2	ZUMBA Lusiana 10:00 - 11:00 F4	FATBURNER Sandra/Heike 10:30 - 12:00 F4
YOGA Bilonda 10:00 - 11:15 F2	FIT IN DEN TAG Beate 11:00 - 12:00 F5	ZUMBA KIDS Doro 16:00 - 17:00 F5 <small>AB 7 JAHREN</small>	FATBURNER Sandra 18:00 - 19:00 F4	ZUMBA Doro 10:00 - 11:00 F4	SPINNING Beate 11:00 - 12:00 F1 <small>MIT ANMELDUNG</small>	BBP Steffi 10:30 - 12:00 F5
YOGA KIDS Karin 16:30 - 17:30 F2 <small>AB 7 JAHREN</small>	JUMPING KIDS Heike 16:45 - 17:45 F5 <small>MIT ANMELDUNG AB 7 JAHREN</small>	BBP Mariella 17:00 - 18:00 F4	JUMPINGINTERVALL Eva 18:00 - 19:00 F5 <small>MIT ANMELDUNG</small>	WINGTSUN KIDS Leonid 16:00 - 17:00 F4 <small>AB 7 JAHREN</small>	CHI YOGA Frank 16:00 - 17:30 F2	
BODYSTYLING Regina 17:00 - 18:00 F5	BODYFIT Mariella 17:00 - 18:00 F4	JUMPING CIRCUIT Eva 17:30 - 19:00 F5 <small>MIT ANMELDUNG</small>	PILATES Vincent 18:00 - 19:00 F2	FASZIEN-BLACKROLL Regina 16:30 - 17:00 F5		
RÜCKEN&FASZIEN Regina 18:00 - 19:00 F5	BODYART Sebastian 17:30 - 18:30 F2	FITMIX Mariella 18:00 - 19:00 F4	CBC-CYCLING Peter/Nicole 18:30 - 19:30 F1 <small>MIT ANMELDUNG</small>	BODYSTYLING Regina 17:00 - 18:00 F5		
INTENSE YOGA Werner 18:00 - 19:15 F2	ZUMBA® Doro 18:00 - 19:00 F5	FUNCTIONAL YOGA Vivi 18:00 - 19:15 F2	YOGA Ramona 19:00 - 20:30 F2	STEP BASIC Jeanette 17:00 - 18:00 F4		
CBC-CYCLING Markus 18:00 - 19:00 F1 <small>MIT ANMELDUNG</small>	DEEPWORK Sebastian 18:30 - 19:30 F4	SPINNING Mariella/Martin 19:00 - 20:00 F1 <small>MIT ANMELDUNG</small>	IRON SYSTEM Sandra 19:00 - 20:00 F4	RÜCKENYOGA Jeanette 18:00 - 19:15 F2		
STRONG BY ZUMBA® Jenny 18:00 - 19:00 F4	PILATES Christiane 19:00 - 20:00 F2	IRON SYSTEM Christiane 19:00 - 20:00 F3	SYNRGY 360 Markus 19:00 - 20:00 KL <small>MIT ANMELDUNG</small>	IRON SYSTEM Christiane 18:00 - 19:00 F4		
FATBURNER Evi 19:00 - 20:00 F5	SYNRGY 360 Eva 19:00 - 20:00 KL <small>MIT ANMELDUNG</small>	FUNCTIONAL/TRX Markus 19:00 - 20:00 F4	ZUMBA Katia 19:15 - 20:15 F5	JUMPING Kerstin 19:00 - 20:00 F5 <small>MIT ANMELDUNG</small>		
CBC-CYCLING Meik 19:00 - 20:00 F1 <small>MIT ANMELDUNG</small>	CBC-CYCLING Sandra 19:00 - 20:00 F1 <small>MIT ANMELDUNG</small>	ZUMBA Caterina 19:00 - 20:00 F5	HIT-CYCLING Peter/Nicole 19:30 - 20:15 F1 <small>MIT ANMELDUNG</small>			
FUNCTIONAL HOUR Markus & Eva 19:15 - 20:15 F4	JUMPING Jessi 19:15 - 20:15 F5 <small>MIT ANMELDUNG</small>	CBC-CYCLING Markus 20:00 - 21:00 F1 <small>MIT ANMELDUNG</small>	WSG Heike 20:00 - 21:00 F3			
INTENSE YOGA MASTER Werner 19:30 - 20:45 F2	BODYWORKOUT Evi 19:30 - 21:00 F4	DEEPWORK Sandra/Kerstin 20:00 - 21:00 F4	BAX Sebastian 20:00 - 21:00 F4			
FLEXIBAR Evi 20:00 - 20:45 F3	MOONLIGHT YOGA Bilonda 20:00 - 21:30 F2	BBP Meik 20:00 - 21:00 F5				
JUMPING Kira 20:00 - 21:00 F5 <small>MIT ANMELDUNG</small>						
IRON SYSTEM Kerstin 20:30 - 21:30 F4						

