

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<i>Vormittag</i>							
					10.00h - 11.00h WIRBELSÄULENGYMNASTIK	10.30h - 11.30h BODYSTYLING	
			10.40h - 11.40h ZUMBA®			11.45h - 12.45h ZUMBA®	
	11.00h - 12.00h PILATES		11:45h - 12.45h YOGA				
<b>Kraft</b>				17.20h - 17.50h TRX*			
<b>Ausdauer</b>		17.00h - 18.00h ZUMBA®					
<b>Muße</b>		18.00h - 19.00h LIFT	18.00h - 19.00h BAUCH BEINE PO	18.15h - 19.15h STEP			
<i>Abends</i>	19.00h - 20.00h ZUMBA®	18.00h - 19.30h BOXEN		19.15h - 20.15h ZIRKELTRAINING	19:00h - 20:00h POWER-YOGA		
	20.00h - 21.00h BAUCH BEINE PO		20.00h - 21.00h ZUMBA®		18.00h - 19.30h BOXEN		
<b>Cycling</b>		19.15h - 20.15h INDOOR CYCLING	19.00h - 20.00h INDOOR CYCLING				