


Montag				Dienstag				Mittwoch				Donnerstag				Freitag				Samstag				
Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	Raum 1	Raum 2	The Boxx	Spinning	
9.30 - 10.15 FitMix		9.45 - 10.15 CXWORX		8.30 - 9.15 tone				9.15 - 10.00 BBP	9.15 - 10.00 Step + Circle	9.30 - 10.00 TRX		9.30 - 10.30 BodyPump	9.15 - 10.00 Fit ab 50			9.30 - 10.15 BBP		9.30 - 10.00 CXWORX		10.00 - 10.45 BodyPump				
10.30 - 11.15 BodyBalance			10.25 - 11.15 Spinning1	9.25 - 10.10 FitMix		9.30 - 10.15 BodyPump		10.15 - 11.15 BodyBalance	10.15 - 11.00 DanceMix		10.25 - 11.15 Spinning1		10.15 - 11.00 Stretch.	10.45 - 11.15 TRX		10.30 - 11.15 WSG/Stretch	10.15 - 11.15 BodyBalance		10.25 - 11.15 Spinning1	11.00 - 12.00 Bodyattack				
				10.15 - 11.00 WSG/Stretch																				
17.15 - 18.00 tone				17.15 - 18.00 BodyPump		17.30 - 18.00 TRX		17.30 - 18.15 WSG				17.30 - 18.15 tone				17.30 - 18.00 CXWORX								
18.15 - 18.45 PerfectBody	18.00 - 19.00 BodyBalance		18.00 - 18.50 Spinning1	18.10 - 18.55 BBP (Studio&live)			18.00 - 18.50 Spinning1	18.30 - 19.15 PerfectBody (Studio&live)	18.00 - 19.00 YOGA	18.00 - 18.30 Grit	18.00 - 18.50 Spinning1	18.25 - 19.10 BodyAttack		18.15 - 19.00 BodyPump	18.00 - 18.50 Spinning1	18.15 - 19.00 BodyCombat			18.00 - 18.50 Spinning1					
19.05 - 19.35 CXWORX	19.15 - 20.00 WSG	19.05 - 19.35 TRX	19.00 - 19.50 Spinning1	19.05 - 19.50 BodyAttack	19.00 - 19.50 Latin LowImpact		19.00 - 19.50 Spinning1	19.30 - 20.30 BodyPump	19.05 - 20.05 YOGA	18.45 - 19.15 CXWORX	19.00 - 19.50 Spinning1	19.20 - 19.50 CXWORX	19.00 - 19.45 BBP	19.15 - 19.45 Functional Circle		19.15 - 20.15 BodyPump	19.15 - 20.15 BodyBalance			Sonntag				
19.45 - 20.45 BodyPump	20.15 - 21.00 Pilates	19.45 - 20.15 Grit		20.00 - 20.45 BodyCombat	20.00 - 21.00 WSG/Stretch				20.15 - 21.00 BodyBalance			20.00 - 21.00 BodyJam	20.00 - 21.00 WSG/Stretch	20.00 - 20.30 TRX							Raum 1	Raum 2	The Boxx	Spinning
																					09.00 - 10.00 BodyPump			
																					10.15 - 11.00 BodyCombat	10.15 - 11.00 WSG		10.00 - 10.50 Spinning1
																					11.15 - 12.00 BodyPump			
																					12.15 - 13.00 BodyCombat			

BBP= Bauch-Beine-Po
WSG= Wirbelsäulengymnastik

Kräftigung/Straffung 
Gesundheit/Rücken 

TRX 
Ausdauer/Fettverbrennung 

Gültig ab 06. Juli 2020

