







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	9.30 - 10.15 CXWORX			8.30 - 9.15 Les Mills tone				9.15 - 10.00 BBP	9.15 - 10.00 Step + Circle	9.30 - 10.00 TRX		8.30 - 9.15 Les Mills tone				9.30 - 10.15 BBP	9.30 - 10.00 CXWORX			10.00 - 10.45 BodyPump											
10.20 - 11.20 BodyBalance			10.25 - 11.15 Spinning1	9.25 - 10.10 FitMix		9.30 - 10.15 BodyPump		10.15 - 11.00 DanceMix	10.15 - 11.15 BodyBalance		10.25 - 11.15 Spinning1	9.30 - 10.30 BodyPump	9.15 - 10.00 Fit ab 50			10.25 - 11.10 WSG/Stretch	10.15 - 11.15 BodyBalance		10.25 - 11.15 Spinning1	11.00 - 12.00 Bodyattack											
				10.15 - 11.00 WSG/Stretch									10.15 - 11.00 Stretch.																		
17.15 - 18.00 Les Mills tone				17.15 - 18.00 BodyPump		17.30 - 18.00 TRX		17.30 - 18.15 WSG				17.45 - 18.30 BodyPump				17.30 - 18.00 CXWORX															
18.10 - 18.55 LMI Step	18.00 - 19.00 BodyBalance		18.00 - 18.50 Spinning1	18.10 - 18.55 BBP			18.00 - 18.50 Spinning1	18.20 - 19.20 BodyPump	18.00 - 19.00 YOGA	18.15 - 19.00 Perfect Body	18.00 - 18.50 Spinning1	18.35 - 19.05 CXWORX			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 Zumba		19.00 - 19.50 Spinning1	19.25 - 19.55 CXWORX	19.05 - 20.05 YOGA	19.15 - 19.45 Grit	19.00 - 19.50 Spinning1	19.10 - 19.55 BodyAttack	19.00 - 19.45 BBP	19.15 - 19.45 TRX		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			20.00 - 20.45 LMI Step	20.15 - 21.00 BodyBalance				20.00 - 21.00 WSG/Stretch	20.00 - 20.30 Functional Circle						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				TRX																							
				Gesundheit/Rücken				Ausdauer/Fettverbrennung				