












| 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 |   |        |          |          |   |  |  |  |   |                      |  |                            |   |                       |  |  |
| 9.25 - 10.10<br>Perfect Body<br>Live-Workout   |                               |                       |                            | 9.25 - 10.10<br>Fit ab 50                      |                                      |                            |          | 9.15 - 10.15<br>Perfect Body<br>Live-Workout | 9.15 - 10.00<br>Step + Circle |                      |                            | 9.25 - 10.10<br>BBP<br>Live-Workout   |                      |                                      |                            | 9.25 - 10.10<br>BBP   | 9.30 - 10.00<br>LesMills Core |          |          |   |        |          |          |   |        |          |          |   |  |  |  |   |                      |  |                            |   |                       |  |  |
| 10.15 - 11.15<br>BodyBalance<br>Live-Workout   |                               |                       | 10.25 - 11.15<br>Spinning1 | 10.15 - 11.00<br>WSG                           |                                      |                            |          |  |                               |                      | 10.25 - 11.15<br>Spinning1 | 10.15 - 11.00<br>BodyPump<br>Live-Workout   | 10.15 - 11.00<br>WSG |                                      |                            | 10.15 - 11.15<br>WSG/Stretch  | 10.15 - 11.15<br>BodyBalance  |          |          |  |        |          |          | 10.25 - 11.15<br>Spinning1  |        |          |          |   |  |  |  |   |                      |  |                            |   |                       |  |  |
| 17.15 - 18.00<br>BodyPump<br>Live-Workout  |                               |                       |                            |  |                                      |                            |          | 17.30 - 18.10<br>WSG                         |                               | 17.15 - 17.45<br>TRX |                            |   |                      |                                      |                            |   |                               |          |          | <p><b>Gültig ab 28. Nov. 2022</b></p> <p>Kinderbetreuung<br/> Donnerstag: 17.00 – 19:30 Uhr<br/> Sonntag 09.00 – 13:00 Uhr</p> <p>Kursbuchungen über unsere eFit-App und<br/> zusätzlich Live-Workout über Zoom-Video-Stream<br/> für alle <u>aktiven</u> Mitglieder,<br/> Zugangsdaten anfordern unter &gt;&gt;&gt;<br/> infoworkoutbuehl@t-online.de</p> |        |          |          |   |        |          |          |   |  |  |  |   |                      |  |                            |   |                       |  |  |
| 18.10 - 19.10<br>BodyAttack<br>Live-Workout  |                               | 18.10 - 18.40<br>Grit | 18.00 - 18.50<br>Spinning1 | 18.00 - 18.45<br>Perfect Body                  | 18.10 - 18.55<br>Functional<br>Circl | 18.00 - 18.50<br>Spinning1 |          | 18.15 - 19.15<br>YOGA<br>Live-Workout        | 18.00 - 19.00<br>BodyPump     |                      | 18.00 - 18.50<br>Spinning1 | 17.45 - 18.30<br>BodyPump<br>Live-Workout   | 17.45 - 18.30<br>WSG | 18.00 - 18.30<br>Grit                | 18.00 - 18.50<br>Spinning1 | 18.00 - 18.45<br>BodyCombat<br>Live-Workout   |                               |          |          |  |        |          |          |   |        |          |          |   |  |  |  |   |                      |  |                            |   |                       |  |  |
| 19.15 - 20.15<br>BodyBalance<br>Live-Workout   | 19.00 - 19.45<br>Perfect Body |                       |                            | 19.00 - 19.30<br>LesMills Core<br>Live-Workout | 19.00 - 19.50<br>Zumba               |                            |          | 19.20 - 20.20<br>BodyAttack<br>Live-Workout  |                               |                      | 19.00 - 20.00<br>Spinning1 | 18.40 - 19.25<br>BBP<br>Live-Workout  |                      | 18.40 - 19.25<br>Functional<br>Circl |                            | 18.55 - 19.25<br>LesMills Core<br>Live-Workout  |                               |          |          |  |        |          |          |   |        |          |          |   |  |  |  |   |                      |  |                            |   |                       |  |  |
|  |                               |                       |                            | 19.35 - 20.35<br>BodyCombat<br>Live-Workout    | 20.00 - 21.00<br>WSG                 |                            |          |  |                               |                      |                            |   |                      |                                      |                            | 19.30 - 20.15<br>BodyBalance<br>Live-Workout  | 19.00 - 20.00<br>BodyPump     |          |          |  |        |          |          |   |        |          |          |   |  |  |  |   |                      |  |                            |   |                       |  |  |
| BBP = Bauch Beine Po<br>WSG = Wirbelsäulengymnastik  |                               |                       |                            | Kräftigung/Straffung                           |                                      |                            |          | TRX  |                               |                      |                            |  |                      |                                      |                            |  |                               |          |          |   |        |          |          |  |        |          |          |  |  |  |  |   |                      |  |                            |   |                       |  |  |
|  |                               |                       |                            | Gesundheit/Rücken                              |                                      |                            |          | Ausdauer/Fettverbrennung                     |                               |                      |                            |  |                      |                                      |                            |  |                               |          |          |   |        |          |          |  |        |          |          |  |  |  |  |   |                      |  |                            |   |                       |  |  |
| <div style="background-color: #00a9e3; color: white; text-align: center; padding: 10px; margin-bottom: 10px;"> <h2>Sonntag</h2> </div> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Raum 1</th><th>Raum 2</th><th>The Boxx</th><th>Spinning</th></tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td></tr> <tr> <td>10.00 - 11.00<br/>BodyPump<br/>Live-Workout</td><td>10.15 - 11.00<br/>WSG</td><td></td><td>10.00 - 11.00<br/>Spinning1</td></tr> <tr> <td>11.10 - 12.10<br/>BodyCombat<br/>Live-Workout</td><td>11.10 - 12.10<br/>YOGA</td><td></td><td></td></tr> </tbody> </table> |                               |                       |                            |  |                                      |                            |          |  |                               |                      |                            |   |                      |                                      |                            |   |                               |          |          |  |        |          |          | Raum 1  | Raum 2 | The Boxx | Spinning |   |  |  |  | 10.00 - 11.00<br>BodyPump<br>Live-Workout | 10.15 - 11.00<br>WSG |  | 10.00 - 11.00<br>Spinning1 | 11.10 - 12.10<br>BodyCombat<br>Live-Workout | 11.10 - 12.10<br>YOGA |  |  |
| Raum 1   | Raum 2                        | The Boxx              | Spinning                   |  |                                      |                            |          |  |                               |                      |                            |   |                      |                                      |                            |   |                               |          |          |  |        |          |          |   |        |          |          |   |  |  |  |   |                      |  |                            |   |                       |  |  |
|  |                               |                       |                            |  |                                      |                            |          |  |                               |                      |                            |   |                      |                                      |                            |   |                               |          |          |  |        |          |          |   |        |          |          |   |  |  |  |   |                      |  |                            |   |                       |  |  |
| 10.00 - 11.00<br>BodyPump<br>Live-Workout  | 10.15 - 11.00<br>WSG          |                       | 10.00 - 11.00<br>Spinning1 |  |                                      |                            |          |  |                               |                      |                            |   |                      |                                      |                            |   |                               |          |          |  |        |          |          |   |        |          |          |   |  |  |  |   |                      |  |                            |   |                       |  |  |
| 11.10 - 12.10<br>BodyCombat<br>Live-Workout  | 11.10 - 12.10<br>YOGA         |                       |                            |  |                                      |                            |          |  |                               |                      |                            |   |                      |                                      |                            |   |                               |          |          |  |        |          |          |   |        |          |          |   |  |  |  |   |                      |  |                            |   |                       |  |  |