

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		9:30 - 10:00 FUNCTIONAL FIT		9:45 - 10:30 STRETCHING		9:30 - 10:30 YOGA
10:00 - 10:45 FULL BODY FITNESS	10:00 - 11:00 WIRBELSÄULEN GYMNASTIK	10:00 - 10:30 MOBILITY & STRETCH		11:15 - 12:00 ZUMBA GOLD	10:30 - 11:30 BAUCH-BEINE-PO	11:00 - 12:00 YOGA
					11:45 - 12:30 STEP LEVEL 1	12:15 - 13:00 PUMP & SHAPE
17:00 - 17:30 FLEXIBAR					12:45 - 13:45 PILATES	
17:30 - 18:15 WIRBELSÄULEN GYMNASTIK		17:30 - 18:15 PUMP & SHAPE	17:30 - 18:30 WIRBELSÄULEN GYMNASTIK	17:45 - 18:45 ZUMBA		
	17:45 - 18:15 STRETCHING					
18:30 - 19:30 ZUMBA	18:30 - 19:15 SPINNING	18:30 - 19:15 STEP LEVEL 1	18:45 - 19:30 FULL BODY FITNESS	19:00 - 20:00 YOGA		
	19:30 - 20:30 BAUCH-BEINE-PO	19:30 - 20:30 PILATES				

Grün : Beweglichkeit  
Rot: Kraft  
Blau : Ausdauer