

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.15 – 9.45 Fit über 60		9.30 – 10.30 Yoga		9.30 – 10.30 Jessis Special		
9.45-10.45 Yoga		10.30 – 11.30 Full Bodyworkout		10.30 – 11.30 Yogilates	10.30-11.30 Thai Yoga	
10.45 – 11.45 Wirbelsäulen- gymnastik					11.30 – 12.00 Entspannungs- kurs	
17.45 – 18.45 Pilates					12.30 – 13.30 Indoor-Cycling	
18.45 – 19.15 Bauch spezial	18.30 – 19.30 After Work	19.00 – 20.30 Indoor-Cycling	18.00 – 19.00 Indoor-Cycling	17.00 – 18.00 Low Impact/ HIIT	13.45 – 14.45 Les Mills Bodypump	
19.15 – 20.15 Wirbelsäulen- gymnastik	18.45 – 19.45 Dynamic Yoga		18.00 – 19.00 Les Mills Bodypump	18.00 – 19.00 Yoga		
19.15 – 20.15 Indoor-Cycling	19:45 – 20.15 Entspannungs- kurs		19.15 – 20.15 Yoga			