



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7.15-8.00 Good Morning Workout (VitaSpa)		7.15-8.00 Good Morning Workout (VitaSpa)				
9.15-10.15 Mobilitätstraining/F aszien (Klaus)	9.15-10.00 Bauch/Rückenfit (VitaSpa)	9.15-10.15 Hatha Yoga (Kerstin)	9.15-10.15 Rückenfit (Jens)	9.15-10.15 Pilates (Ina)	09.30-10.45 Power Yoga (Angelika/Kersti n)	
10.30-11.30 Qi Gong (Klaus)	10.30-11.15 Pilates (Ina)		10.30-11.30 Indoor-Cycling (Jens)	10.30-11.15 Slingtraining (VitaSpa)		10.00-11.15 Power Yoga (Angelika/Kerstin)
17.30-18.30 Indoor-Cycling (Tina)					14-15.00 Body Pump Low (Sabine)	
18.40-19.40 Bodyworkout (Tina)		17-17.45 Faszientraining (Svea)		17.45-18.45 Indoor-Cycling (Dennis)	15.15-16 Body Balance Sabine)	
19.45-20.15 Les Mills Barre (Ariane)	17.45-19.10 Kundalini Yoga (Anna)	17.50-18.35 Tabata Funktional Workout (Svea)	18-19.00 Bauch/Rückenfit (Jörn)	18.55-20.25 Zumba-Salsa (Mayra)		
20.15-20.45 BodyBalance (Ariane)	19.15-20.15 Faszientraining (Klaus)	19.-20.15 BodyPump Low (Sabine)	19.15-20.00 Bodyworkout meets Tabata			