

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Step Workout 09:00 - 10:00	Langhantel + Stretch 09:15 - 10:30	WSG 09:30 - 10:30	WSG 09:15 - 10:15	Bodystyling 09:15 - 10:30
WSG 10:05 - 11:05			Faszien, Dehnen & Relax 10:20 - 10:50	Yoga-Pilates Workout 10:20 - 11:20
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		Kinder-Karate 16:00 - 17:00	Kinder-Karate 16:45 - 17:45	
Bodystyling 18:00 - 19:00	Step + Burn 17:30 - 18:00	WSG 17:30 - 18:00	WSG 18:00 - 19:00	Langhantel 18:30 - 19:30
Langhantel 19:15 - 20:15	Bodystyling 18:05 - 19:05	Zumba 18:35 - 19:35	FitBo 19:05 - 20:05	Indoor Cycling 19:45 - 20:45
Krav Maga 20:30 - 21:45		Power Hour 19:40 - 20:40	Krav Maga 20:15 - 21:45	