

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:15 - 07:00 Cycling	06:30 - 07:00 Aquafitness	06:15 - 07:00 Cycling	06:15 - 07:00 Fit in den Tag	06:15 - 07:00 Cycling		
09:00 - 10:00 Gesundheitstraining 60+	09:00-09:50 Rückenfit	09:00 - 10:00 Yoga soft & easy	09:00 - 09:45 Aquafitness	09:00 - 09:30 Mobility		
09:30 - 10:15 Cyber-Cycling	09:00 - 09:45 Bodystyling		09:30 - 10:30 Gesundheitstraining 60+	09:30 - 10:30 Hot Iron 2	10:00 - 11:00 Yoga für den Rücken	
10:15 - 11:15 Gesundheitstraining 60+	10:00 - 11:00 Hot Iron 1	10:15 - 11:00 Physio Pilates	09:30 - 10:30 Cycling	09:45 - 10:30 Rückenfitness	11:15 - 12:30 Yin Yoga	10:00 - 11:00 Vinyasa Flow Yoga 1-2
	10:00-10:50 Pilates	10:00 - 11:00 Easy Step'n'Style	10:30 - 11:30 Yin meets Yang	10:45 - 11:45 Qi Gong		11:00 - 12:00 Cycling
16:45 - 17:45 Hot Iron 2	10:00 - 10:45 Aquafitness	11:15 - 12:00 Stretching		11:00 - 11:45 Aquacycling	13:00 - 13:45 Aquafitness	11:00 - 11:45 Rückenfitness
17:45 - 18:30 Physio Pilates	17:00 - 17:45 Aquafitness		16:00 - 16:55 easy Step	16:45 - 18:00 Power Yoga 2		11:15 - 12:30 Vinyasa Flow Yoga
18:00 - 18:55 Step 1-2	18:00 - 18:45 Aquacycling	17:00 - 17:45 Aquafitness	17:00 - 17:45 Bauch-Beine-Po	17:00 - 17:55 Zumba	15:00 - 15:45 Total Body Workout	12:00 - 13:00 Zumba
18:30 - 19:30 Cycling	18:00 - 18:45 Sling-Training	17:00 - 17:45 Bauch & Rücken intensiv	18:00 - 18:55 Zumba	18:00 - 19:00 Cycling	16:00 - 16:55 Yoga für Einsteiger	
18:40 - 19:55 Vinyasa Flow Yoga	18:15 - 18:45 Mobility	18:00 - 18:55 Step 2-3	18:00 - 18:55 Pilates	18:15 - 19:30 Hatha Yoga slow & relax	17:00 - 17:55 Hatha Yoga 1	
19:00 - 19:45 Bauch & Rücken intensiv	19:00 - 20:00 Bootcamp	19:00 - 20:00 Hot Iron Cross	19:00 - 20:00 Yin Yoga		18:00 - 18:30 Entspannungsreise	
19:45 - 20:15 Tabata	19:00 - 20:00 Yoga soft & easy		19:00 - 20:00 Bootcamp			