

MONTAG		DIENSTAG	MITTWOCH		DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 10:00 Step Aerobic		jeden 2. Dienstag 09:00 - 09:45 Spinning	09:00 - 10:00 Aerobic Spezial					
10:00 - 11:00 Alles in Bewegung		10:00 - 11:30 BBP Spezial				10:00 - 11:00 Aerobic Tanz		10:00 - 10:45 Power Yoga
11:00 - 11:45 Pilates							10:50 - 11:50 Zumba	10:45 - 11:30 Rückenfitness
12:00 - 12:30 Fit im Alter							11:50 - 12:50 Spinning	11:30 - 12:15 Trampolin
16:30 - 17:30 Kid's-Boxen							13:00 - 14:00 Crosstraining	12:15 - 13:00 Trampolin
17:00 - 17:45 Pilates			17:00 - 17:45 Power Yoga	16:30 - 17:30 Kid's-Boxen	17:00 - 18:00 Thai Bo	13:00 - 13:45 Spinning		
17:30 - 18:50 Kickboxen/Boxen		17:00 - 17:50 EasyLine	18:00 - 19:00 BBP	17:30 - 19:00 Kickboxen/Boxen	18:00 - 19:00 Iron Pump			
18:00 - 18:50 EasyLine	18:00 - 19:00 Aerobic Tanz	18:00 - 19:00 Hantelpower	19:00 - 20:00 Zumba	19:00 - 20:00 Spinning	18:30 - 19:30 Fit-Bo	19:00 - 20:00 Spinning		
19:00 - 19:45 Rückenfitness	19:00 - 20:00 Trampolin Spezial	19:00 - 20:00 Step Aerobic	20:00 - 21:00 Crosstraining					
20:30 - 21:30 Easy Spezial								