

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
SUPERFIT RÜCKEN 09:00 - 09:45	SUPERFIT BAUCH BEINE PO 09:00 - 09:45	SUPERFIT BAUCH BEINE PO 09:30 - 10:15	SUPERFIT RÜCKEN 09:30 - 10:15			
SUPERFIT BAUCH BEINE PO 10:00 - 10:50	TEAMTRAINING RÜCKEN 10:00 - 10:50	LESMILLS BODYATTACK 10:30 - 11:20	SUPERFIT BAUCH BEINE PO 10:30 - 11:15			
			SUPERFIT PILATES 11:30 - 12:20	SALSATION FITNESS SALSATION 11:00 - 11:50	ZUMBA FITNESS ZUMBA 11:00 - 11:45	
					SUPERFIT BAUCH BEINE PO 12:00 - 12:50	ZUMBA FITNESS ZUMBA 12:30 - 13:20
						SUPERFIT BOOTY EXPRESS 13:30 - 13:50
			SUPERFIT BAUCH BEINE PO 16:00 - 16:45	SUPERFIT BAUCH BEINE PO 16:00 - 16:45		SUPERFIT BAUCH BEINE PO 16:00 - 16:45
	SUPERFIT BAUCH BEINE PO 17:00 - 17:45		ZUMBA FITNESS ZUMBA 17:00 - 17:45	ZUMBA FITNESS ZUMBA 17:00 - 17:50		LESMILLS BODYATTACK 17:00 - 17:50
ZUMBA FITNESS ZUMBA 18:00 - 18:45	POUND® ROCKOUT WORKOUT 18:00 - 18:45	LESMILLS BODYPUMP 18:00 - 18:45	LESMILLS BODYATTACK 18:00 - 18:45			
SUPERFIT BAUCH BEINE PO 19:00 - 19:45	SUPERFIT BAUCH BEINE PO 19:00 - 19:45	ZUMBA FITNESS ZUMBA 19:00 - 19:45	LESMILLS BODYPUMP 19:00 - 19:50			
LESMILLS LMISTEP 20:00 - 20:50	SUPERFIT PILATES 20:00 - 20:50	SUPERFIT BAUCH BEINE PO 20:00 - 20:50				