

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
				SUPERFIT YOGA 07:30 - 08:45		
SUPERFIT YOGA 09:00 - 10:15		LESMILLS BODYPUMP 09:00 - 09:45	SUPERFIT BAUCH BEINE PO 09:00 - 09:45	SUPERFIT RÜCKEN 09:00 - 09:45	ZUMBA FITNESS ZUMBA 09:00 - 09:45	SUPERFIT BAUCH BEINE PO 09:00 - 09:45
SUPERFIT BAUCH BEINE PO 10:30 - 11:15	SUPERFIT PILATES 10:00 - 10:45	SUPERFIT RÜCKEN 10:00 - 10:45	LESMILLS BODYBALANCE 10:00 - 10:45	SUPERFIT BAUCH BEINE PO 10:00 - 10:50	SUPERFIT PILATES 10:00 - 10:45	LESMILLS BODYBALANCE 10:00 - 10:45
SUPERFIT RÜCKEN 11:30 - 12:20	SUPERFIT RÜCKEN 11:00 - 11:50	SUPERFIT YOGA 11:00 - 12:20	ZUMBA FITNESS ZUMBA 11:00 - 11:50		LESMILLS BODYPUMP 11:00 - 11:45	SUPERFIT PILATES 11:00 - 11:45
					LESMILLS BODYBALANCE 12:00 - 12:50	SUPERFIT YOGA 12:00 - 13:20
						LESMILLS BODYBALANCE 14:00 - 14:45
						SUPERFIT BAUCH BEINE PO 15:00 - 15:45
	LESMILLS BODYBALANCE 16:00 - 16:45					LESMILLS BODYATTACK 16:00 - 16:45
LESMILLS BODYPUMP 16:30 - 17:15	LESMILLS BODYPUMP 17:00 - 17:45		LESMILLS BODYPUMP 16:30 - 17:15	LESMILLS BODYATTACK 16:00 - 16:45		LESMILLS BODYPUMP 17:00 - 17:50
SUPERFIT BAUCH EXPRESS 17:30 - 17:50	LESMILLS LMISTEP 18:00 - 18:45	LESMILLS BODYATTACK 17:00 - 17:45	LESMILLS BODYBALANCE 17:30 - 18:15	POUND® ROCKOUT WORKOUT 17:00 - 17:45	LESMILLS BODYPUMP 17:00 - 17:45	
LESMILLS BODYATTACK 18:00 - 18:45	LESMILLS BODYCOMBAT 19:00 - 19:45	LESMILLS BODYPUMP 18:00 - 18:45	SUPERFIT BAUCH EXPRESS 18:30 - 18:50	SUPERFIT BAUCH BEINE PO 18:00 - 18:45	LESMILLS BODYATTACK 18:00 - 18:50	
ZUMBA FITNESS ZUMBA 19:00 - 19:45	LESMILLS BODYATTACK 20:00 - 20:45	ZUMBA FITNESS ZUMBA 19:00 - 19:45	LESMILLS BODYATTACK 19:00 - 19:45	LESMILLS BODYPUMP 19:00 - 19:50		
LESMILLS BODYPUMP 20:00 - 20:50	LESMILLS BODYPUMP 21:00 - 21:50	SUPERFIT BAUCH BEINE PO 20:00 - 20:50	LESMILLS BODYPUMP 20:00 - 20:50			