

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	SUPERFIT RÜCKEN 09:00 - 09:45		SUPERFIT PILATES 08:30 - 09:15	SUPERFIT BAUCH BEINE PO 09:00 - 09:45		
LESMILLS BODYBALANCE 10:00 - 10:45	LESMILLS BODYPUMP 10:00 - 10:45	SUPERFIT RÜCKEN 10:00 - 10:45	SUPERFIT YOGA 09:30 - 10:50	LESMILLS BODYPUMP 10:00 - 10:45	LESMILLS LMISTEP 10:00 - 10:45	LESMILLS BODYPUMP 10:00 - 10:45
ZUMBA FITNESS ZUMBA 11:00 - 11:50	LESMILLS BODYBALANCE 11:00 - 11:50	SUPERFIT BAUCH BEINE PO 11:00 - 11:50		SUPERFIT RÜCKEN 11:00 - 11:50	LESMILLS BODYPUMP 11:00 - 11:45	SUPERFIT YOGA 11:00 - 12:20
					SUPERFIT BAUCH EXPRESS 12:00 - 12:20	
					LESMILLS BODYBALANCE 12:30 - 13:20	
EXPRESS LES MILLS BODYPUMP 16:30 - 16:55	LESMILLS BODYBALANCE 16:30 - 17:15					
LESMILLS LMISTEP 17:00 - 17:45	LESMILLS BODYPUMP 17:30 - 18:15	LESMILLS BODYBALANCE 17:00 - 17:45	LESMILLS CORE 17:00 - 17:45	SUPERFIT YOGA 16:30 - 17:45		LESMILLS CORE 17:00 - 17:45
LESMILLS BODYCOMBAT 18:00 - 18:45	SUPERFIT BAUCH EXPRESS 18:30 - 18:50	LESMILLS BODYPUMP 18:00 - 18:45	LESMILLS BODYPUMP 18:00 - 18:45	LESMILLS BODYPUMP 18:00 - 18:45		LESMILLS BODYPUMP 18:00 - 18:50
SUPERFIT BAUCH EXPRESS 19:00 - 19:20	ZUMBA FITNESS ZUMBA 19:00 - 19:50	LESMILLS BODYATTACK 19:00 - 19:45	SUPERFIT BAUCH EXPRESS 19:00 - 19:20	LESMILLS BODYATTACK 19:00 - 19:50		
LESMILLS BODYATTACK 19:30 - 20:15		SUPERFIT YOGA 20:00 - 21:20	ZUMBA FITNESS ZUMBA 19:30 - 20:20			
LESMILLS BODYPUMP 20:30 - 21:20						