

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|----------------------------------------------------------------------------------------------------------|-------------------------------|--------------------------------|-----------------------------|------------------------------|----------------|----------------------------------------|
| Body Fitness Total 9:15 - 10:15 | Rückenschule 9:30 - 10:30 | | | | | Body Fit gerade Woche 11:00 - 12:00 |
| | | | | | | Lift ungerade Woche 11:00 - 12:00 |
| | | | | Pilates 15:30 - 16:30 | | JUMP ungerade Woche 12:00 - 13:00 |
|  ZUMBA 18:00 - 19:00 | BOP 18:15 - 19:15 | WSG 18:00 - 19:00 | Body Fit 18:15 - 19:15 | Lift 18:00 - 19:00 | | |
| JUMP 19:00 - 20:00 | Bauch Killer 18:15 - 18:45 | | PUMP 19:30 - 20:30 | Step 19:00 - 20:00 | | |
| | Zumba Strong 19:15 - 20:15 | Jiu-Jitsu 20:00 - 21:00 | | mach mit! | | |
| INDOOR | CYCLING | INDOOR | CYCLING | INDOOR | CYCLING | INDOOR |
| Intervall Cycling 19:30 - 20:30 | Fattburner 19:00 - 20:00 | Power Cycling 19:30 - 20:30 | Spring Fit 19:30 - 20:30 | Fun Cycling 18:00 - 19:00 | | |