

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
09:00 - 12:00 Freies Training	09:00 - 12:00 Freies Training	09:00 - 12:00 Freies Training	09:00 - 12:00 Freies Training	09:00 - 12:00 Freies Training	10:00 - 13:00 Freies Training
	10:00 - 10:45 <b>+ Stream</b> Stoffwechsel-Aktivierung	10:00 - 10:30 Schlinge-AGILITY - TRX	10:00 - 10:45 <b>+ Stream</b> Gesunder Rücken	09:00 - 09:45 <b>+ Stream</b> Bewegter Rücken <b>NEU</b>	10:00 - 10:45 <b>+ Stream</b> Bauch-Beine-Po
				10:00 - 11:00 <b>+ Stream</b> Präventionskurs	11:00 - 11:45 <b>+ Stream</b> Pilates
17:00 - 21:00 Freies Training	17:00 - 21:00 Freies Training	17:00 - 21:00 Freies Training	17:00 - 21:00 Freies Training	17:00 - 19:00 Freies Training	12:00 - 12:45 Functional Training
			17:00 - 17:45 <b>+ Stream</b> Yogilates / Stretching <b>NEU</b>	17:00 - 17:45 Schlingentraining - TRX	
18:00 - 18:45 <b>+ Stream</b> Zumba Fitness	18:00 - 18:45 <b>+ Stream</b> Pilates	18:00 - 18:45 <b>NEU</b> Functional Training	18:00 - 18:45 <b>+ Stream</b> STEP Aerobic - Basic	18:00 - 18:45 <b>+ Stream</b> Stoffwechsel-Aktivierung	
19:00 - 19:45 <b>+ Stream</b> CardioBoxing	19:00 - 19:45 <b>+ Stream</b> HIIT - up	19:00 - 19:45 <b>+ Stream</b> BodyFit	19:00 - 19:45 <b>+ Stream</b> STEP Aerobic - Advanced		<b>NEU</b> Neuer Kurs
20:00 - 20:45 <b>+ Stream</b> Pilates	20:00 - 20:45 Schlingentraining - TRX	20:00 - 21:00 <b>+ Stream</b> Yoga / Yin Yoga	20:00 - 21:00 <b>+ Stream</b> Präventionskurs		<b>+ Stream</b> inkl. Livestream