

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
		09:30 - 10:00 Schlinge-AGILITY - TRX		09:00 - 10:00 Präventionskurs NEU	
	10:00 - 10:45 + Stream Pilates	10:00 - 10:45 + Stream groupfit - AKTIV	10:00 - 10:45 + Stream Gesunder Rücken	10:00 - 11:00 Präventionskurs	10:00 - 10:45 + Stream Bauch-Beine-Po
					11:00 - 11:45 + Stream 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 + Stream Bewegter Rücken NEU	17:00 - 17:45 Schlingentraining - TRX	
18:00 - 18:45 + Stream Zumba Fitness	18:00 - 18:45 + Stream Pilates	18:00 - 18:45 Functional Training	18:00 - 18:45 + Stream Fatburner	18:00 - 18:45 + Stream Stoffwechsel-Aktivierung	
19:00 - 19:45 + Stream CardioBoxing	19:00 - 19:45 + Stream HIIT - up	19:00 - 19:45 + Stream BodyFit	19:00 - 19:45 + Stream STEP Aerobic		
20:00 - 20:45 + Stream Pilates	20:00 - 20:45 Schlingentraining - TRX	20:00 - 21:00 + Stream Yoga / Yin Yoga	20:00 - 21:00 Präventionskurs		

NEU
Neuer Kurs
+ Stream
inkl. Livestream