

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Bodystyling	Bodystyling	Jumping	Bodystyling			
9:00 – 10:00	9:00 – 10:00	8:45 – 9:45	9:00 – 10:00		nur an ausgewählten Terminen (Oktober-April)	
Cycling			Cycling		Cycling	GM, Sunday
10:10 – 11:10			10:10 – 11:10		11:00 – 12:30	10:45 – 11:45
Fit bis ins Alter					Jumping	
11:00 – 12:00					13:30 – 15:00	

			Pilates	TRX		
			18:00 – 19:00	16:00 – 17:00		
Cycling	TRX	Fasyo	Cycling	Jumping		
18:00 – 19:00	17:20 – 18:20	18:00 – 19:00	18:30 – 19:30	17:20 – 18:20		
Move & Stretch	Power Mix	Cycle well	Iron Power	Jumping		
18:30 – 19:30	18:30 – 19:30	19:10 – 19:50	19:10 – 20:10	18:30 – 19:30		