



	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	SAMSTAG
08.00	MORNING SPORTS (30')		MORNING SPORTS (30')		PILATES (50')		MORNING SPORTS (30')			
09.00										
10.00	BLACKROLL (30')		RÜCKENFIT (45')		BLACKROLL (30')		BODY SHAPE (45')		BLACKROLL (30')	
10.30										Funktional Fitness (30')
11.00										
12.15	TABATA XPress (30')		LUNCH FITNESS (30')		LUNCH PILATES (30')		LUNCH FITNESS (30')			
12.30									YOGA (50')	Zirkelkurs nach Wahl (30')
13.30	PAUSEZEIT		MO - DO		13.30 UHR bis		15.00 UHR		METABOLIC BLAST (30')	
16.00										
17.00	FATBURNER (45')	Yoga (60')	POWER ZIRKEL (30')	BLACKROLL - PILATES (50')	SEXY BAUCH (45')	RÜCKEN FIT (50')	BODY BLAST (30')	BBP (50')	BODY SHAPE (45')	
18.00	POWER ZIRKEL (30')	BBP (50')	TABATA (45')	SELF DEFENCE (50')	TABATA (45')	ZUMBA® (50')	HIIT (30')	ZUMBA® (50')	HIIT (30')	
19.00	BLACKROLL (30')	NIA (50')	FITBOXEN (50')		BLACKROLL (30')	STRONG by Zumba® (50')	FITBOXEN (50')			

 Zirkelkurs (45min)

 Zirkelkurs XPress (25min)

 Group Fitness (50min)

 Group Fitness XPress (25min)

 Blackroll® Kurs

 TRX® Functional Kurs