

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	SAMSTAG
08.00	MORNING SPORTS (30')		MORNING SPORTS (30')		PILATES (50')		MORNING SPORTS (30')			
09.00										
10.00			RÜCKENFIT (45')						Keep-it-stabil (30')	
10.30										TRX TABATA (30')
11.00										
12.15	TRX LUNCH FITNESS (30')		TRX LUNCH FITNESS (30')		TRX LUNCH FITNESS (30')		TRX LUNCH FITNESS (30')		YOGA (50')	
12.30										
13.30	PAUSEZEIT		MO - DO		13.30 UHR bis		15.00 UHR			TRX POWER ZIRKEL (30')
16.00			SELF DEFENCE(50') – nach indiv. Terminabsprache						TRX Body Blast (30')	
17.00	FATBURNER (45')	Yoga (60')	TRX POWER ZIRKEL (30')	BLACKROLL - PILATES (50')	BODY SHAPE (45')	RÜCKEN FIT (50')	TRX POWER ZIRKEL (30')	BBP (50')	TRX Body Blast (30')	
18.00	TRX TABATA (30')	BBP (50')	TRX POWER ZIRKEL (30')	STEP AEROBIC (40')	TRX POWER ZIRKEL (30')	ZUMBA® (50')	TRX POWER ZIRKEL (30')	ZUMBA® (50')		
19.00	NIA (50')		FITBOXEN (50')		STRONG by Zumba® (50')		FITBOXEN (50')			

 Zirkelkurs (45min)

 Zirkelkurs XPress (25min)

 Group Fitness (50min)

 Group Fitness XPress (25min)

 Blackroll® Kurs

 TRX® Functional Kurs