

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
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8:00 - 8:30
Morning Sports

8:00 - 8:50
Pilates

8:00 - 8:30
Morning Sports

10:00 - 10:50
Rückenfit

10:15 - 10:45
Keep It Stabil

10:15 - 10:45
TRX

11:15 - 11:45
TRX

12:15 - 12:40
TRX

12:15 - 12:40
TRX

12:15 - 12:40
TRX

12:15 - 12:40
TRX

12:30 - 13:30
Yoga

12:15 - 12:45
TRX

Montag - Donnerstag	Keine Trainingszeit	13:00 - 15:00 Uhr
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16:00 - 16:45
HIIT

17:00 - 17:45
HIIT

- geführter Kurs
- TRX Functional - Fitness - Kurs
- Group Fitness
- Intensive Group Fitness

17:00 - 17:30
TRX
17:00 - 17:50
Yoga

17:00 - 17:30
TRX
17:00 - 17:50
Blackroll Pilates

17:00 - 17:30
TRX
17:00 - 17:50
Rückenfit

17:00 - 17:30
TRX
17:00 - 17:50
BBP

18:00 - 18:30
TRX
18:00 - 18:50
BBP

18:00 - 18:30
TRX
18:00 - 18:50
Dance Workout

18:00 - 18:30
TRX
18:00 - 18:50
Zumba

18:00 - 18:30
TRX
18:00 - 18:50
Zumba

19:00 - 19:30
TRX
19:00 - 19:50
NIA

19:00 - 19:30
TRX
19:00 - 19:50
Fitboxen

19:00 - 19:30
TRX
19:00 - 19:50
Strong Nation

19:00 - 19:30
TRX
19:00 - 19:50
Fitboxen

