

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
7:30	Yoga Morning Stretch	Yoga Morning Stretch	Yoga Morning Stretch	Yoga Morning Stretch	Yoga Morning Stretch	
8:00						Yoga Morning Stretch
8:30						
9:00	Body-zirkel 60min		Rücken zirkel 60min		Body-zirkel 60min	
9:15						
9:30						
10:00		Body-zirkel 60min		BBP Zirkel 60 min	Faszien/Stretch 60min	Gesundheits zirkel 60min
10:30	Golden					
11:00	Girls					
11:15	Zirkel					
11:30	60min					
12:00						
12:30			Mittags-Zirkel 60min			
13:30						
17:00	Basic Step 30min					
17:30	Intervall Training 45min		Hula Hoop 20-30min		Rückenzirkel 60min	
17:45		Step I 60min				
18:00			Vinyasa Yoga 60min	BBP/ Bodyworkout 60min		
18:15						
18:30	 45min				Step/ Bodypump Zirkel 60min	
18:45						
19:00		Yoga/ Pilates 60min		Step II 60min		
19:15						
19:30						
19:45			 45min			
20:00						
	Zirkel					
	Kursraum					