

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
8:00						
8:30						
9:00	Body-zirkel 60min				Body-zirkel 60min	
9:15			Rücken zirkel 60min			
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		Bodega Reflow 60min				
12:30						
13:30						
17:00						
17:30	Basic Step 30min					
17:45		Step I 60min		Hula Hoop 20-30min		
18:00	Intervall Training 45min	Step I 60min		Rücken intensiv 45min	BBP/ Bodyworkout 60min	Full Body Zirkel
18:15			Rücken Zirkel 45min			
18:30						
18:45						
19:00		Yoga/ Pilates 60min		Vinyasa Yoga 60min	Step II 60min	
19:15						
19:30			45min			
19:45						
20:00						
	Zirkel					
	Kursraum					