

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	09.30 - 10.15 Bodyworkout	10.00 - 11.00 Hatha-Yoga		
	10.15 - 11.00 Pilates			
18.15 - 18.45 Bauch intensiv	18.15 - 19.15 Pilates	18.00 - 19.00 Rückenfit BBP		
19.00 - 19.45 Bodyshaping	19.15 - 20.00 Zumba		18.30 - 19.15 Body fit	19.00 - 20.00 Hatha-Yoga
19.45 - 20.30 Body & Soul		20.00 - 21.00 Strong - H.I.T.T.	19.15 - 20.00 Body & Soul	