

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	 SUPERFIT RÜCKEN 09:00 - 09:50	 LES MILLS BODYPUMP 09:00 - 09:50	 LES MILLS BODYPUMP 09:00 - 09:50	 LES MILLS BODYPUMP 09:30 - 10:20		 LES MILLS SHAPES 09:00 - 09:45
 ZUMBA FITNESS ZUMBA 10:00 - 10:50	 LES MILLS BODYPUMP 10:00 - 10:50	 SUPERFIT YOGA 10:00 - 11:20	 LES MILLS BODYBALANCE 10:00 - 10:50	 SUPERFIT YOGA 10:30 - 11:50	 SUPERFIT RÜCKEN 10:00 - 10:50	 LES MILLS BODYPUMP 10:00 - 10:50
 SUPERFIT PILATES 11:00 - 11:50	 LES MILLS SHAPES 11:00 - 11:45	 ZUMBA FITNESS ZUMBA 11:30 - 12:20	 SUPERFIT PILATES 11:00 - 11:50	 SUPERFIT PILATES 12:00 - 12:50	 LES MILLS BODYJAM 11:00 - 11:50	 LES MILLS BODYATTACK 11:00 - 11:50
 LES MILLS BODYPUMP 12:00 - 12:50					 LES MILLS BODYBALANCE 12:00 - 12:50	 LES MILLS DANCE 12:00 - 12:45
					 LES MILLS BODYPUMP 13:00 - 13:50	 SUPERFIT PILATES 13:00 - 13:50
					 LES MILLS BODYATTACK 14:00 - 14:50	
	 LES MILLS BODYPUMP 16:00 - 16:50		 LES MILLS BODYPUMP 16:30 - 17:20	 ZUMBA FITNESS ZUMBA 16:30 - 17:20		
 LES MILLS BODYJAM 17:30 - 18:20	 LES MILLS DANCE 17:00 - 17:45	 LES MILLS BODYBALANCE 17:00 - 17:50	 LES MILLS BODYCOMBAT 17:30 - 18:20	 LES MILLS BODYPUMP 17:30 - 18:20		 SUPERFIT YOGA 16:30 - 17:50
 SUPERFIT BAUCH EXPRESS 18:30 - 18:50	 LES MILLS BODYCOMBAT 18:00 - 18:50	 LES MILLS BODYPUMP 18:00 - 18:50	 LES MILLS BODYBALANCE 18:30 - 19:20	 LES MILLS BODYBALANCE 18:30 - 19:20		 LES MILLS BODYPUMP 18:00 - 18:50
 LES MILLS BODYATTACK 19:00 - 19:50	 LES MILLS BODYPUMP 19:00 - 19:50	 LES MILLS BODYATTACK 19:00 - 19:50	 LES MILLS BODYPUMP 19:30 - 20:20	 LES MILLS BODYJAM 19:30 - 20:20		 SUPERFIT BAUCH EXPRESS 19:00 - 19:20
 LES MILLS BODYPUMP 20:00 - 20:50	 SUPERFIT BAUCH EXPRESS 20:00 - 20:20	 LES MILLS BODYBALANCE 20:00 - 20:50	 SUPERFIT PILATES 20:30 - 21:20			
	 SUPERFIT YOGA 20:30 - 21:50					