


MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	 SUPERFIT RÜCKEN 09:00 - 09:50			 SUPERFIT BAUCH BEINE PO 09:00 - 09:50		
 LESMILLS BODYBALANCE 10:00 - 10:50	 LESMILLS BODYPUMP 10:00 - 10:50	 SUPERFIT PILATES 10:00 - 10:50	 SUPERFIT YOGA 09:30 - 10:50	 LESMILLS BODYPUMP 10:00 - 10:50	 LESMILLS LMISTEP 10:00 - 10:50	 LESMILLS BODYPUMP 10:00 - 10:50
 ZUMBA FITNESS ZUMBA 11:00 - 11:50	 LESMILLS BODYBALANCE 11:00 - 11:50	 SUPERFIT BAUCH BEINE PO 11:00 - 11:50	 LESMILLS BODYBALANCE 11:00 - 11:50	 SUPERFIT RÜCKEN 11:00 - 11:50	 LESMILLS BODYPUMP 11:00 - 11:50	 SUPERFIT YOGA 11:00 - 12:20
					 SUPERFIT BAUCH EXPRESS 12:00 - 12:20	
					 LESMILLS BODYBALANCE 12:30 - 13:20	
 EXPRESS LESMILLS BODYPUMP 16:30 - 16:55	 LESMILLS BODYBALANCE 16:30 - 17:20					
 LESMILLS LMISTEP 17:00 - 17:50	 LESMILLS BODYPUMP 17:30 - 18:20	 SUPERFIT PILATES 17:00 - 17:50	 LESMILLS CORE 17:00 - 17:45	 LESMILLS BODYBALANCE 17:00 - 17:50		 LESMILLS CORE 17:00 - 17:45
 LESMILLS BODYCOMBAT 18:00 - 18:50	 SUPERFIT BAUCH EXPRESS 18:30 - 18:50	 LESMILLS BODYPUMP 18:00 - 18:50	 LESMILLS BODYPUMP 18:00 - 18:50	 LESMILLS BODYPUMP 18:00 - 18:50		 LESMILLS BODYPUMP 18:00 - 18:50
 SUPERFIT BAUCH EXPRESS 19:00 - 19:20	 ZUMBA FITNESS ZUMBA 19:00 - 19:50	 LESMILLS BODYATTACK 19:00 - 19:50	 SUPERFIT BAUCH EXPRESS 19:00 - 19:20	 LESMILLS BODYATTACK 19:00 - 19:50		
 LESMILLS BODYATTACK 19:30 - 20:20		 SUPERFIT YOGA 20:00 - 21:20	 ZUMBA FITNESS ZUMBA 19:30 - 20:20			
 LESMILLS BODYPUMP 20:30 - 21:20						