

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
				 SUPERFIT YOGA 07:30 - 08:50		
 SUPERFIT YOGA 09:00 - 10:20	 LESMILLS BODYBALANCE 09:00 - 09:50	 LESMILLS BODYPUMP 09:00 - 09:50	 SUPERFIT BAUCH BEINE PO 09:00 - 09:50	 SUPERFIT RÜCKEN 09:00 - 09:50	 ZUMBA FITNESS ZUMBA 09:00 - 09:50	 SUPERFIT BAUCH BEINE PO 09:00 - 09:50
 SUPERFIT BAUCH BEINE PO 10:30 - 11:20	 SUPERFIT PILATES 10:00 - 10:50	 SUPERFIT RÜCKEN 10:00 - 10:50	 LESMILLS BODYBALANCE 10:00 - 10:50	 SUPERFIT BAUCH BEINE PO 10:00 - 10:50	 SUPERFIT PILATES 10:00 - 10:50	 LESMILLS BODYBALANCE 10:00 - 10:50
 SUPERFIT RÜCKEN 11:30 - 12:20	 SUPERFIT RÜCKEN 11:00 - 11:50	 SUPERFIT YOGA 11:00 - 12:20		 LESMILLS DANCE 11:00 - 11:50	 LESMILLS BODYPUMP 11:00 - 11:50	 SUPERFIT PILATES 11:00 - 11:50
					 LESMILLS BODYBALANCE 12:00 - 12:50	 SUPERFIT YOGA 12:00 - 13:20
						 LESMILLS BODYBALANCE 14:00 - 14:50
						 SUPERFIT BAUCH BEINE PO 15:00 - 15:50
	 LESMILLS BODYBALANCE 16:00 - 16:50					 LESMILLS BODYATTACK 16:00 - 16:50
 LESMILLS BODYPUMP 16:30 - 17:20	 LESMILLS BODYPUMP 17:00 - 17:50		 LESMILLS BODYPUMP 16:30 - 17:20	 LESMILLS BODYATTACK 16:00 - 16:50		 LESMILLS BODYPUMP 17:00 - 17:50
 SUPERFIT BAUCH EXPRESS 17:30 - 17:50	 LESMILLS BODYCOMBAT 18:00 - 18:50	 LESMILLS BODYATTACK 17:00 - 17:50	 LESMILLS BODYBALANCE 17:30 - 18:20	 POUND® ROCKOUT WORKOUT 17:00 - 17:50	 LESMILLS BODYPUMP 17:00 - 17:50	
 LESMILLS BODYATTACK 18:00 - 18:50	 LESMILLS DANCE 19:00 - 19:50	 LESMILLS BODYPUMP 18:00 - 18:50	 SUPERFIT BAUCH EXPRESS 18:30 - 18:50	 SUPERFIT BAUCH BEINE PO 18:00 - 18:50	 LESMILLS BODYATTACK 18:00 - 18:50	
 ZUMBA FITNESS ZUMBA 19:00 - 19:50	 LESMILLS BODYATTACK 20:00 - 20:50	 ZUMBA FITNESS ZUMBA 19:00 - 19:50	 LESMILLS BODYATTACK 19:00 - 19:50	 LESMILLS BODYPUMP 19:00 - 19:50		
 LESMILLS BODYPUMP 20:00 - 20:50	 LESMILLS BODYPUMP 21:00 - 21:45	 SUPERFIT BAUCH BEINE PO 20:00 - 20:50	 LESMILLS BODYPUMP 20:00 - 20:50			