

| MONTAG                                              | DIENSTAG                                    | MITTWOCH                                   | DONNERSTAG                                  | FREITAG                                         | SAMSTAG                                     | SONNTAG                                     |
|-----------------------------------------------------|---------------------------------------------|--------------------------------------------|---------------------------------------------|-------------------------------------------------|---------------------------------------------|---------------------------------------------|
|                                                     |                                             |                                            |                                             | SUPERFIT<br>BAUCH BEINE PO<br>09:00 - 09:50     | LESMILLS<br>BODYPUMP<br>09:00 - 09:50       |                                             |
| LESMILLS<br>BODYPUMP<br>10:00 - 10:50               | SUPERFIT<br>PILATES<br>10:00 - 10:50        | ZUMBA FITNESS<br>ZUMBA<br>10:00 - 10:50    | SUPERFIT<br>RÜCKEN<br>10:00 - 10:50         | ZUMBA FITNESS<br>ZUMBA<br>10:00 - 10:50         | SUPERFIT<br>PILATES<br>10:00 - 10:50        | ZUMBA FITNESS<br>ZUMBA<br>10:00 - 10:50     |
| SUPERFIT<br>RÜCKEN<br>11:00 - 11:50                 | SUPERFIT<br>BAUCH BEINE PO<br>11:00 - 11:50 | SUPERFIT<br>PILATES<br>11:00 - 11:50       | LESMILLS<br>BODYPUMP<br>11:00 - 11:50       | SUPERFIT<br>YOGA<br>11:00 - 12:20               | SUPERFIT<br>BAUCH BEINE PO<br>11:00 - 11:50 | LESMILLS<br>BODYPUMP<br>11:00 - 11:50       |
| SUPERFIT<br>YOGA<br>12:00 - 13:20                   | AFROLETICS<br>12:00 - 12:50                 | SUPERFIT<br>YOGA<br>12:00 - 13:20          | SUPERFIT<br>BAUCH EXPRESS<br>12:00 - 12:20  |                                                 | LESMILLS<br>BODYCOMBAT<br>12:00 - 12:50     | SUPERFIT<br>BAUCH EXPRESS<br>12:00 - 12:20  |
|                                                     |                                             |                                            |                                             |                                                 | ZUMBA FITNESS<br>ZUMBA<br>13:00 - 13:50     | LESMILLS<br>BODYBALANCE<br>12:30 - 13:20    |
|                                                     |                                             |                                            |                                             |                                                 |                                             | SUPERFIT<br>YOGA<br>13:30 - 14:50           |
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|                                                     | SUPERFIT<br>BAUCH BEINE PO<br>16:00 - 16:50 |                                            |                                             |                                                 |                                             | ZUMBA FITNESS<br>ZUMBA<br>16:00 - 16:50     |
| LESMILLS<br>BODYPUMP<br>16:30 - 17:20               | SUPERFIT<br>PILATES<br>17:00 - 17:50        | LESMILLS<br>BODYPUMP<br>16:30 - 17:20      | SUPERFIT<br>BAUCH BEINE PO<br>17:00 - 17:50 | LESMILLS<br>BODYATTACK<br>16:30 - 17:20         | LESMILLS<br>BODYPUMP<br>17:00 - 17:50       | LESMILLS<br>BODYPUMP<br>17:00 - 17:50       |
| LESMILLS<br>BODYBALANCE<br>17:30 - 18:20            | LESMILLS<br>BODYPUMP<br>18:00 - 18:50       | SUPERFIT<br>PILATES<br>17:30 - 18:20       | LESMILLS<br>BODYCOMBAT<br>18:00 - 18:50     | LESMILLS<br>BODYPUMP<br>17:30 - 18:20           | LESMILLS<br>BODYATTACK<br>18:00 - 18:50     | SUPERFIT<br>BAUCH BEINE PO<br>18:00 - 18:50 |
| LESMILLS<br>BODYCOMBAT<br>18:30 - 19:20             | SUPERFIT<br>BAUCH EXPRESS<br>19:00 - 19:20  | LESMILLS<br>BODYCOMBAT<br>18:30 - 19:20    | AFROLETICS<br>19:00 - 19:50                 | SUPERFIT<br>YOGA<br>18:30 - 19:50               |                                             | SUPERFIT<br>PILATES<br>19:00 - 19:50        |
| SUPERFIT<br>BAUCH EXPRESS<br>19:30 - 19:50          | LESMILLS<br>BODYATTACK<br>19:30 - 20:20     | LESMILLS<br>BODYATTACK<br>19:30 - 20:20    | LESMILLS<br>BODYPUMP<br>20:00 - 20:50       | SALSATION FITNESS<br>SALSATION<br>20:00 - 20:50 |                                             |                                             |
| LESMILLS<br>BODYPUMP<br>20:00 - 20:50               |                                             | SUPERFIT<br>BAUCH EXPRESS<br>20:30 - 20:50 |                                             |                                                 |                                             |                                             |
| EXPRESS<br>LES MILLS<br>BODYATTACK<br>21:00 - 21:25 |                                             | LESMILLS<br>BODYPUMP<br>21:00 - 21:45      |                                             |                                                 |                                             |                                             |
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