

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
LES MILLS BODYPUMP 08:00 – 08:50						
SUPERFIT YOGA EXPRESS 09:00 – 09:50	LES MILLS SHAPES 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 BODYPUMP HEAVY 09:00 – 09:50	LES MILLS SHAPES 09:00 – 09:50
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	ZUMBA FITNESS ZUMBA 11:00 – 11:50	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 SHAPES 12:00 – 12:50	LES MILLS GRIT 12:00 – 12:25
					LES MILLS BODYPUMP 13:00 – 13:50	LES MILLS DANCE 12:30 – 13:20
					LES MILLS BODYATTACK 14:00 – 14:50	LES MILLS BODYBALANCE 13:30 – 14:20
	LES MILLS BODYPUMP 16:00 – 16:50	LES MILLS PILATES 16:00 – 16:50	LES MILLS BODYPUMP 16:30 – 17:20	ZUMBA FITNESS ZUMBA 16:30 – 17:20		
LES MILLS SHAPES 17:00 – 17:50	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		LES MILLS CORE 17:00 – 17:45
LES MILLS BODYJAM 18:00 – 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 HEAVY 20:00 – 20:50	SUPERFIT BAUCH EXPRESS 20:00 – 20:20	LES MILLS BODYPUMP HEAVY 20:00 – 20:50	LES MILLS PILATES 20:30 – 21:20			
	LES MILLS SHAPES 20:30 – 21:20					