

MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG		
Raum A	Raum B	Raum C	Raum A	Raum B	Raum C	Raum A	Raum B	Raum C	Raum A	Raum B	Raum C	Raum A	Raum B	Raum C	Raum A	Raum B	Raum C	Raum A	Raum B	Raum C
	8.30 - 9.25h NewFatburner		8.30 - 9.25h BodyStyling				8.30 - 9.25h LES MILLS LES BODYBALANCE™		8.30 - 9.25h WS/Stretch											
9.30 - 10.25h BodyStyling	9.30 - 10.25h SeniorFit		9.30 - 10.25h WS/Stretch	9.30 - 10.25h Step I	9.30 - 10.25h Indoor Cycle I	9.30 - 10.25h SeniorFit	9.30 - 10.25h Aerobic I	9.30 - 10.25h Indoor Cycle I	9.30 - 10.25h NewFatburner	9.30 - 10.25h Step Intro	9.30 - 10.25h Easy Cycle	9.30 - 10.25h BodyStyling	9.30 - 10.25h Step I	9.30 - 10.25h Indoor Cycle I						9.30 - 10.25h Indoor Cycle I
10.30 - 11.25h LES MILLS BODYBALANCE™			10.30 - 11.25h LES MILLS BODYPUMP™			10.30 - 11.25h BodyStyling	10.30 - 11.25h Yoga		10.30 - 11.25h BodyStyling			10.30 - 11.25h LES MILLS BODYPUMP™	10.30 - 11.25h WS/Stretch		10.30 - 11.25h LES MILLS BODYPUMP™			10.30 - 10.55h Core		10.30 - 11.25h Indoor Cycle I
																	11.00 - 11.55h Easy Cycle	11.00 - 11.55h BodyStyling	11.00 - 11.55h Aerobic	
																	11.30 - 12.25h NewFatburner			
																	12.00 - 12.55h Indoor Cycle I	12.00 - 12.55h NewFatburner	12.00 - 12.55h BodyStyling	
																		12.30 - 13.25h Step I		
																		13.00 - 13.55h WS/Stretch		
												15.00 - 15.55h WS/Stretch								
												16.00 - 16.55h Intervall							15.00 - 15.55h LES MILLS BODYPUMP™	
			16.00 - 16.55h LatinDance	16.00 - 16.55h BodyStyling		16.00 - 16.55h BodyStyling													16.00 - 16.55h Yoga	
17.00 - 17.55h BodyStyling	17.00 - 17.55h LES MILLS BODYBALANCE™		17.00 - 17.55h LES MILLS BODYPUMP™	17.00 - 17.55h Yoga			17.00 - 17.55h WS/Stretch VIACTIV FITNESS	17.00 - 17.55h Indoor Cycle I				17.00 - 17.55h Indoor Cycle I	17.00 - 17.55h Step I	17.00 - 17.55h LES MILLS BODYBALANCE™	17.00 - 17.55h Indoor Cycle I					17.00 - 17.55h Zumba
		17.30 - 18.25h Easy Cycle			17.30 - 18.25h Indoor Cycle I				17.30 - 18.25h BodyStyling											
18.00 - 18.55h Step I	18.00 - 18.55h WS/Stretch		18.00 - 18.55h NewFatburner	18.00 - 18.55h Step II		18.00 - 18.55h NewFatburner	18.30 - 18.55h Core	18.00 - 19.30h Indoor Cycle I		18.30 - 19.25h Step I		18.00 - 18.55h Easy Cycle	18.00 - 18.55h BodyStyling		18.00 - 18.55h Indoor Cycle II					
		18.30 - 19.25h Indoor Cycle II			18.30 - 19.25h Indoor Cycle I				18.30 - 19.25h LES MILLS BODYPUMP™											
19.00 - 19.55h NewFatburner	19.00 - 19.55h LES MILLS BODYPUMP™		19.00 - 19.55h BodyStyling	19.00 - 19.55h Step Intro		19.00 - 19.55h LES MILLS BODYPUMP™	19.00 - 19.55h Step Intro													
					19.30 - 20.55h Indoor Cycle I				19.30 - 20.25h BodyStyling	19.30 - 19.55h Core										
20.00 - 20.55h Step Intro	20.00 - 20.25h Core		20.00 - 20.55h Intervall			20.00 - 20.55h LES MILLS BODYBALANCE™				20.00 - 20.55h LatinDance										