

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 10:00					Bodystyling 09:30 - 10:15		
10:00 - 11:00	Workout 10:15 - 11:00	Bodystyling 10:15 - 11:00	Jivamukti YOGA 10:15 - 11:15		Pilates 10:15 - 11:00		
11:00 - 12:00	Bauch Beine Po 11:00 - 11:45	Pilates 11:00 - 11:30					Bodystyling 11:30 - 12:15
12:00 - 13:00						Bodystyling 12:00 - 12:45	Step & Workout 12:15 - 13:00
13:00 - 14:00						Tai Bo 12:45 - 13:30	
14:00 - 15:00						Bauch Beine Po 13:30 - 14:15	
15:00 - 16:00						Workout 14:15 - 15:00	
16:00 - 17:00						YOGA basic 15:00 - 15:45	
17:00 - 18:00	Bodystyling 16:15 - 17:00					Meditation 15:50 - 16:05	
18:00 - 19:00	Cardio & Style 17:00 - 17:45	Lu Jong 17:15 - 18:15	Bodystyling 17:15 - 18:00		Core 17:45 - 18:15		Sunday YOGA 17:00 - 18:30
19:00 - 20:00			Yin YOGA Basic 17:45 - 18:30				
20:00 - 21:00	Bauch Beine Po 18:00 - 18:45	Bauch 18:00 - 18:20	Wirbelsäule 18:00 - 18:30	Bodystyling 18:00 - 18:45	Lauftreff 18:00 - 19:00		
21:00 - 22:00	Jivamukti YOGA 18:15 - 19:15	Wirbelsäule 18:20 - 18:40	YOGA nidra 18:30 - 18:45	Balance YOGA 18:00 - 19:00	Bodyart 18:15 - 19:15		
22:00 - 23:00	Pilates 18:45 - 19:15	Free Flow YOGA 18:30 - 19:45	Cardio & Style 18:30 - 19:15	Bauch Beine Po 18:45 - 19:30			
23:00 - 24:00		Faszien - Workout 18:40 - 19:00					
24:00 - 25:00	Workout 19:15 - 20:00	Cardio & Style 19:00 - 19:45	Jivamukti YOGA 19:00 - 20:00	Pilates 19:00 - 19:45			
25:00 - 26:00	Bauch 19:20 - 19:40		Bauch Beine Po 19:15 - 20:00	Fit2Ski 19:30 - 20:30			
26:00 - 27:00	Wirbelsäule 19:40 - 20:00						
27:00 - 28:00	Stretch 20:00 - 20:15	Functional Fit 20:00 - 20:30	Rücken Fit 20:00 - 20:30	Bauch Fit 20:00 - 20:30			
28:00 - 29:00	Faszien - Workout 20:00 - 20:20	Stretch 20:30 - 20:45	Stretch 20:30 - 20:45	Stretch 20:30 - 20:45			