

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 10:00					<b>Bodystyling</b> 09:30 - 10:15		
10:00 - 11:00	<b>Workout</b> 10:15 - 11:00	<b>Bodystyling</b> 10:15 - 11:00	<b>Jivamukti YOGA</b> 10:15 - 11:15		<b>Pilates</b> 10:15 - 11:00		
11:00 - 12:00	<b>Bauch Beine Po</b> 11:00 - 11:45	<b>Pilates</b> 11:00 - 11:30					<b>Bodystyling</b> 11:30 - 12:15
12:00 - 13:00						<b>Bodystyling</b> 12:00 - 12:45 <b>Tai Bo</b> 12:45 - 13:30	<b>Step &amp; Workout</b> 12:15 - 13:00
13:00 - 14:00						<b>Bauch Beine Po</b> 13:30 - 14:15	
14:00 - 15:00						<b>Workout</b> 14:15 - 15:00	
15:00 - 16:00						<b>YOGA basic</b> 15:00 - 15:45 <b>Meditation</b> 15:50 - 16:05	
16:00 - 17:00	<b>Bodystyling</b> 16:15 - 17:00						
17:00 - 18:00	<b>Cardio &amp; Style</b> 17:00 - 17:45	<b>Lu Jong</b> 17:15 - 18:15	<b>Bodystyling</b> 17:15 - 18:00		<b>Core</b> 17:45 - 18:15		<b>Sunday YOGA</b> 17:00 - 18:30
			<b>Yin YOGA Basic</b> 17:45 - 18:30				
18:00 - 19:00	<b>Bauch Beine Po</b> 18:00 - 18:45	<b>Bauch</b> 18:00 - 18:20	<b>Wirbelsäule</b> 18:00 - 18:30	<b>Bodystyling</b> 18:00 - 18:45	<b>Lauftreff</b> 18:00 - 19:00 <b>Bodyart</b> 18:15 - 19:15		
	<b>Jivamukti YOGA</b> 18:15 - 19:15	<b>Wirbelsäule</b> 18:20 - 18:40	<b>YOGA nidra</b> 18:30 - 18:45	<b>Balance YOGA</b> 18:00 - 19:00			
	<b>Pilates</b> 18:45 - 19:15	<b>Free Flow YOGA</b> 18:30 - 19:45	<b>Cardio &amp; Style</b> 18:30 - 19:15	<b>Bauch Beine Po</b> 18:45 - 19:30			
		<b>Faszien - Workout</b> 18:40 - 19:00					
19:00 - 20:00	<b>Workout</b> 19:15 - 20:00	<b>Cardio &amp; Style</b> 19:00 - 19:45	<b>Jivamukti YOGA</b> 19:00 - 20:00	<b>Pilates</b> 19:00 - 19:45			
	<b>Bauch</b> 19:20 - 19:40		<b>Bauch Beine Po</b> 19:15 - 20:00	<b>Fit2Skin</b> 19:30 - 20:30			
	<b>Wirbelsäule</b> 19:40 - 20:00						
20:00 - 21:00	<b>Stretch</b> 20:00 - 20:15	<b>Functional Fit</b> 20:00 - 20:30	<b>Rücken Fit</b> 20:00 - 20:30	<b>Bauch Fit</b> 20:00 - 20:30			
	<b>Faszien - Workout</b> 20:00 - 20:20	<b>Stretch</b> 20:30 - 20:45	<b>Stretch</b> 20:30 - 20:45	<b>Stretch</b> 20:30 - 20:45			