

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 - 10.30 <b>RÜCKENFITNESS</b> Meike	09.00 - 10.00 <b>BBP</b> Alena	09.00 - 10.00 <b>WORKOUT</b> Aina	09.00 - 10.00 <b>PILATES</b> Shyan	08.00 - 09.00 <b>CYCLING</b> Tjark	10.00 - 11.00 <b>CYCLING</b> Outdoor/Anika/Heiko	10.30 - 11.30 <b>ZUMBA®</b> Katja
17.00 - 18.00 <b>BODYATTACK®</b> Krissy	16.45 - 17.45 <b>CYCLING</b> Outdoor/Anika	17.10 - 18.10 <b>JUMPING</b> Sina	10.15 - 11.15 <b>YOGA</b> Shyan	16.00 - 17.00 <b>ZUMBA®</b> Katja	11.00 - 12.00 <b>ZUMBA®</b> Katja	11.45 - 12.45 <b>JUMPING/</b> René
18.15 - 19.30 <b>YOGA</b> Mobility/Strength Jasmin M.	17.40 - 18.40 <b>BODYPUMP®</b> Krissy	18.00 - 19.00 <b>CYCLING</b> Outdoor/Heiko	17.00 - 18.00 <b>CORE TRAINING</b> Tanja	17.00 - 18.00 <b>CYCLING</b> Outdoor/Heiko		13.00 - 14.00 <b>FULL BODY/CORE</b> René
18.00 - 19.00 <b>CYCLING</b> Outdoor/Hauke	18.50 - 19.50 <b>BODYBALANCE®</b> Jasmin B.	18.20 - 19.20 <b>RÜCKENFITNESS</b> Meike	18.15 - 19.00 <b>TABATA</b> Outdoor/Tanja			
		19.30 - 20.45 <b>YOGA</b> Lydia	18.15 - 19.30 <b>ASHTANGA YOGA</b> Jasmin M.			
			19.45 - 20.45 <b>JUMPING</b> Sarah			