

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG		
09:15-10:15 RÜCKEN-FIT Babsi	09:15-10:15 PILATES Hanne		09:15-10:15 RÜCKEN-FIT Babsi	09:15-10:15 KÖRPERWERKSTATT Silvia		09:30-10:15 LESMILLS FUNCTIONAL STRENGTH Antonia		
10:30-11:30 YOGA Andrea				10:30-11:30 PILATES Silvia				
16:50 - 17:20 LESMILLS GRIT Vanessa	15:00-15:45 B'S HIPHOP MINIKIDS 4-7 J. Dodo			15:00-16:00 B'S HIPHOP KIDS 8-11 J. Evelyn				
17:30-18:25 LESMILLS BODYPUMP Mario/Janine	16:00-17:00 B'S HIPHOP KIDS 8-11 J. Dodo	17:30-18:25 LESMILLS BODYPUMP HEAVY I FUNCTIONAL STRENGTH Mario Antonia	17:20-18:20 KÖRPERWERKSTATT Alexa	16:15-17:00 B'S HIPHOP MINIKIDS 4-7 J. Evelyn				
18:30-19:25 KÖRPERWERKSTATT Kristina	17:15-18:15 CHOREO CLASS Beginner/Intermediate Dodo	18:40-19:40 POWER-PILATES Hanne	18:30-19:30 STEP AEROBIC Petra	17:30-18:20 LESMILLS BODYPUMP Mario/Janine				
19:30-20:30 ZUMBA Kristina	18:30-19:30 RÜCKEN-FIT Babsi	19:45-20:45 HEELS CLASS (16+) Beginner/Intermediate Dodo	19:35-20:35 HIPHOP ADULTS Beginner/Intermediate Sophie	18:30-19:15 LESMILLS BODYBALANCE Carina/Sibylle				
Groupfitness Kraft	Groupfitness Cardio	Groupfitness Body&Mind	wöchentl. Wechsel	Kinder- Fitness	REHA- Sport	Paartanz	Hiphop- Ballett-Heels	nur mit Einladung