

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00	08:40 Studio 1 ⁽¹⁵⁾ Step Intro				08:00 Studio 2 ⁽⁵⁰⁾ Pilates I		
09:00	09:00 Studio 1 ⁽⁵⁰⁾ Step I	09:00 Studio 1 ⁽⁵⁰⁾ BBRP	09:00 Studio 1 ⁽⁵⁰⁾ Step Dance I	09:00 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™	09:00 Studio 1 ⁽⁵⁰⁾ Step I	09:40 Studio 1 ⁽¹⁵⁾ Step Intro	
	09:00 Studio 2 ⁽⁵⁰⁾ Rücken Fit	09:00 Studio 2 ⁽⁶⁰⁾ Powervit Yoga		09:00 Studio 2 ⁽⁷⁵⁾ Hatha Yoga	09:00 Studio 2 ⁽⁵⁰⁾ Rücken Fit		
	09:00 Cyclingraum ⁽⁵⁰⁾ Easy Cycling		09:00 Pool ⁽⁵⁰⁾ Aqua ZUMBA®				
10:00	10:00 Studio 1 ⁽⁵⁰⁾ Bodystyling	10:05 Studio 1 ⁽⁵⁵⁾ Wirbelsäule	10:00 Studio 1 ⁽⁵⁰⁾ BBRP	10:20 Studio 2 ⁽⁵⁵⁾ Wirbelsäule	10:00 Studio 1 ⁽⁵⁰⁾ Bodystyling	10:00 Studio 1 ⁽⁵⁰⁾ Step I	10:00 Studio 1 ⁽⁵⁰⁾ Bodystyling
	10:00 Pool ⁽⁵⁰⁾ Aqua Mix	10:05 Studio 2 ⁽⁵⁵⁾ bodyART™	10:00 Studio 2 ⁽⁵⁰⁾ Pilates I	10:15 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	10:00 Pool ⁽⁵⁰⁾ Aqua Workout	10:00 Studio 2 ⁽⁵⁵⁾ Wirbelsäule	10:00 Cyclingraum ⁽⁵⁰⁾ Easy Cycling
	10:05 Fläche ⁽²⁰⁾ ☉ Functional Training	10:05 Fläche ⁽¹⁵⁾ Bauch Workout					
11:00			11:00 Studio 1 ⁽⁵⁰⁾ ZUMBA®			11:00 Studio 1 ⁽⁵⁰⁾ BBRP	11:00 Studio 1 ⁽⁵⁰⁾ Thai Bo
							11:00 Pool ⁽⁵⁰⁾ Aqua Mix
12:00			12:10 Pool ⁽⁵⁰⁾ Aqua Workout				
16:00						16:30 Studio 1 ⁽⁵⁰⁾ Bodystyling	
17:00	17:15 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™	17:00 Studio 1 ⁽⁵⁰⁾ Bodystyling	17:15 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™		17:30 Studio 1 ⁽⁵⁰⁾ Ski Fit	17:30 Studio 1 ⁽⁵⁰⁾ ZUMBA®	17:00 Studio 1 ⁽⁵⁰⁾ Step I
	17:50 Studio 2 ⁽⁶⁰⁾ Powervit Yoga			17:30 Studio 2 ⁽³⁰⁾ Qi Gong Intro	17:00 Studio 2 ⁽⁷⁵⁾ Yoga Beginner		17:15 Studio 2 ⁽⁷⁵⁾ Hatha Yoga
						17:30 Cyclingraum ⁽⁵⁰⁾ Easy Cycling	
	17:35 Fläche ⁽¹⁵⁾ Bauch Workout	17:05 Fläche ⁽²⁰⁾ ☉ Functional Training	17:35 Fläche ⁽¹⁵⁾ Bauch Workout	17:05 Fläche ⁽²⁰⁾ ☉ Functional Training	17:35 Fläche ⁽¹⁵⁾ Bauch Workout		
18:00	18:30 Studio 1 ⁽⁵⁰⁾ Bodystyling	18:00 Studio 1 ⁽⁶⁰⁾ Thai Bo	18:25 Studio 1 ⁽⁵⁰⁾ BBRP	18:30 Studio 1 ⁽⁵⁰⁾ Bodystyling			18:00 Studio 1 ⁽⁵⁰⁾ Bodystyling
		18:05 Studio 2 ⁽⁵⁵⁾ Wirbelsäule	18:00 Studio 2 ⁽⁵⁰⁾ Dance Moves I	18:10 Studio 2 ⁽⁵⁰⁾ Dance Moves I	18:30 Studio 1 ⁽⁵⁰⁾ Step II		
	18:30 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling		18:30 Cyclingraum ⁽⁵⁰⁾ Easy Cycling	18:15 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	18:15 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	18:30 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	
		18:05 Pool ⁽⁵⁰⁾ Aqua Workout		18:50 Outdoor ⁽⁶⁰⁾ Lauftreff	18:00 Pool ⁽⁵⁰⁾ Aqua Mix		
		18:35 Fläche ⁽¹⁵⁾ Bauch Workout		18:35 Fläche ⁽¹⁵⁾ Bauch Workout			
19:00	19:30 Studio 1 ⁽⁵⁰⁾ ZUMBA®	19:05 Studio 1 ⁽⁶⁰⁾ Thai Bo	19:20 Studio 1 ⁽⁵⁰⁾ ZUMBA®	19:25 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™			
	19:00 Studio 2 ⁽⁵⁵⁾ bodyART™	19:05 Studio 2 ⁽⁵⁰⁾ Pilates I-II	19:00 Studio 2 ⁽⁵⁰⁾ Pilates I	19:05 Studio 2 ⁽⁵⁰⁾ Rücken Fit	19:00 Studio 2 ⁽⁵⁰⁾ Rücken Fit		
	19:45 Cyclingraum ⁽⁵⁰⁾ Easy Cycling	19:15 Cyclingraum ⁽⁵⁰⁾ Easy Cycling	19:30 Cyclingraum ⁽⁶⁰⁾ Mixed Cycling	19:30 Cyclingraum ⁽⁵⁰⁾ Easy Cycling			
	19:00 Pool ⁽⁵⁰⁾ Aqua Workout						
	19:35 Fläche ⁽¹⁵⁾ Bauch Workout	19:00 Fläche ⁽⁶⁰⁾ ☉ Functional Training/Golf	19:35 Fläche ⁽¹⁵⁾ Bauch Workout		19:35 Fläche ⁽¹⁵⁾ Bauch Workout		
20:00		20:15 Studio 1 ⁽⁶⁰⁾ IRON SYSTEM™					
	20:05 Studio 2 ⁽⁵⁰⁾ Pilates I	20:00 Studio 2 ⁽⁷⁵⁾ Hatha Yoga	20:00 Studio 2 ⁽⁵⁵⁾ bodyART™				
	20:15 Pool ⁽⁶⁰⁾ Schwimmtraining		20:15 Pool ⁽⁶⁰⁾ Schwimmtraining				
		20:35 Fläche ⁽²⁰⁾ ☉ Functional Training		20:35 Fläche ⁽²⁰⁾ ☉ Functional Training			