

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09:15 - 10:15 Fit Mix	9:15 - 10:15 4D Bungee Pilates	09:15 - 10:15 Frauen Vital ab 70	09:15 - 10:15 Fitness Move	09:15 - 10:15 Friday Flow	16:00 - 17:00 Hatha Yoga
10:15 - 11:15 Pilates	10:15 - 11:15 Fit Mix		10:15 - 11:15 Pilates	10:15 - 11:15 Rücken- Faszienyoga	
11:15 - 12:15 4D Bungee Pilates	11:15 - 12:15 4D Bungee Pilates		11:15 - 12:15 4D Bungee Pilates		
					Sonntag
					11:15 – 12:45 Morning Flow Yoga
17:30 - 18:30 Pilates			17:30 - 18:30 Hatha Yoga	17:00 - 18:00 bodyART	
18.30 -19:30 Hatha Yoga	18:00 - 19:00 bodyART	18:30 - 19:30 Rückenfitness	18:30 - 19:30 Pilates		
		19:30- 20:30 Energy Dance/Fit Mix			