


	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
morgens	9:30 - 10:30 Functional Deep Work  10:00 - 11:00 Indoor Cycling	9:15 - 10:15 Integraler Yoga	9:00 - 10:00 Core Workout	9:00 - 10:00 Cardio Power Stretch	9:45 - 10:45 Pilates	9:30 - 10:30 Body Pumping	10:00 - 11:00 Complete Body Workout
vormittags						10:30 - 11:30 bodyART	11:00 - 12:00 Deep Work  11:00 - 12:00 Indoor Cycling
mittags		17:00 - 18:00 Pilates			16:00 - 17:00 Crosstraining	14:00 - 16:00 Sparring	
abends	18:00 - 19:00 Crosstraining  18:00 - 19:00 Indoor - Cycling  19:00 - 20:30 Thaiboxen	18:00 - 19:00 Power Step  20:00 - 21:30 BJJ	17:30 - 18:30 Crosstraining  18:00 - 19:00 Indoor - Cycling  18:30 - 20:00 Thaiboxen	18:00 - 19:00 Zumba  19:00 - 20:00 Bauch Beine Po  19:00 - 20:00 Indoor Cycling  20:00 - 21:30 BJJ	17:15 - 18:15 Hanta Yoga  18:30 - 20:00 Thaiboxen		

 Nicht im Juni, Juli, August (ab September)

 Fightclubkurse