


	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
morgens	9:00 - 10:00 Functional Deep Work 10:00 - 11:00 Indoor Cycling	9:15 - 10:15 Integraler Yoga	9:00 - 10:00 Core Workout	8:15 - 9:15 Pilates		9:30 - 10:30 Body Pumping	9:30 - 10:30 Bauch Beine Po
vormittags						10:30 - 11:30 Neu: Complete Body Workout - ab sofort	11:00 - 12:00 Indoor Cycling
mittags	17:00 - 18:00 Zumba	17:00 - 18:00 Pilates				14:00 - 16:00 Sparring	14:00 - 15:30 MMA - Technik
abends	18:00 - 19:00 Crosstraining 18:00 - 19:00 Indoor - Cycling 19:00 - 20:30 Thaiboxen	18:00 - 19:00 Power Step 19:00 - 20:00 Neu: Funktional Training - ab 06.03.18 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 Step Dance / Aerobic 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