


	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
morgens	9:00 - 10:00 functional mobility	9:15 - 10:15 Integraler Yoga	9:00 - 10:00 Core Workout - Rückentraining	8:15 - 9:15 Pilates	9:00 - 10:00 Funktional Training	9:30 - 10:30 Body Pumping	
vormittags						10:30 - 11:30 Complete Body Workout	10:30 - 11:30 Indoor Cycling
mittags	17:00 - 18:00 Zumba	17:00 - 18:00 Pilates				14:00 - 16:00 Sparring	
abends	18:00 - 19:00 Crosstraining  18:30 - 19:30 Indoor - Cycling  19:00 - 20:30 Thaiboxen	18:00 - 19:00 Complete Body Workout  19:00 - 20:00 Jumping Fitness  20:00 - 21:30 BJJ	17:30 - 18:30 Crosstraining  18:30 - 20:00 Thaiboxen	18:00 - 19:00 Zumba  19:00 - 20:00 Indoor Cycling  19:00 - 20:00 Jumping Fitness  20:00 - 21:30 BJJ	18:30 - 20:00 Thaiboxen		

 Nicht im Juni, Juli, August (ab September)

 Fightclubkurse