


	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 - RÄ¼ckentraining	8:15 - 9:15 Pilates		9:30 - 10:30 Body Pumping	
vormittags	10:00 - 11:00 Indoor Cycling					10:30 - 11:30 Complete Body Workout 11:30 - 13:00 MMA - Technik	10:00 - 11:00 Jumping Fitness 11:00 - 12:00 Indoor Cycling
mittags	17:00 - 18:00 Zumba	17:00 - 18:00 Pilates				14:00 - 16:00 Sparring	
abends	18:00 - 19:00 Crosstraining 18:15 - 19:15 Indoor Cycling 19:00 - 20:30 Thaiboxen	18:00 - 19:00 Complete Body Workout 19:00 - 20:00 Funktional Training 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	17:15 - 18:15 Hatha Yoga 18:30 - 20:00 Thaiboxen		

 Nicht im Juni, Juli, August (ab September)

 Fightclubkurse