

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
Rückenfit 09:00 - 09:55	Pilates 09:30 - 10:25	Yoga [A] 09:00 - 10:25	Bodyshape 09:30 - 10:25	Faszienfit 09:30 - 10:55	Step [F] 10:30 - 12:15	Bodyshape 10:00 - 10:55
Rückenfit 10:00 - 10:55	Stretch & Relax 10:30 - 10:55	Yoga [A] 10:30 - 11:55	Rückenfit 10:30 - 11:25	Functional Tower 11:00 - 11:45		MobilityMix 11:00 - 11:55
Joint Mobility 10:00 - 10:55	Joint Mobility 11:00 - 11:55					
Functional Tower 11:00 - 11:45						
Bodyshape 17:00 - 17:55	Karate Kids* (6-9J.) 16:00 - 16:55	Jumping 17:00 - 17:55	Bodyshape 17:00 - 17:55	Yoga [A/M] 14:30 - 16:00		
Aroha 18:00 - 18:55	Karate Kids* (ab 10J.) 17:00 - 17:55	Cycling 17:00 - 17:55	Pilates 18:00 - 18:55	Muscle Power 17:00 - 17:55		
Cycling 18:00 - 19:15	Functional Sling 17:00 - 17:55	Jumping 18:00 - 18:55	Zirkeltraining + 18:00 - 18:55	Cycling 18:00 - 19:15		
Functional Tower 18:00 - 18:45	Step Basic [A/M] 18:00 - 18:55	Rückenfit 18:00 - 18:55				
Yoga [A/M] 19:00 - 20:30	Muscle Power 18:00 - 18:55	HICT 19:00 - 19:55				
	Bodyshape 19:00 - 19:55	Yoga [A/M] 19:00 - 20:30				
	Bauch Xpress 19:00 - 19:15					

LEGENDE:

[A] ANFÄNGER | [M] MITTELSTUFE | [F] FORTGESCHRITTEN | [*] NICHT WÄHREND DER SCHULFERIEN

GÜLTIG AB 11.03.2024

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