

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag				
08:00	Les Mills Virtual 08:00 - 09:30	Les Mills Virtual 08:00 - 09:00	Les Mills Virtual 08:00 - 09:15	Les Mills Virtual 08:00 - 09:00	Les Mills Virtual 08:00 - 09:30						
08:15											
08:30											
08:45											
09:00		Yoga 09:00 - 10:00 Hatha+Yin Yoga	TRX Suspension Training 09:15 - 10:00	Rehasport 09:00 - 09:45	Rehasport 09:30 - 10:15	Les Mills Virtual 09:00 - 15:00	Les Mills Virtual 09:00 - 15:00				
09:15											
09:30	Funktionstraining 09:30 - 10:00										
09:45											
10:00	BodyPump 10:00 - 11:00	Funktionstraining 10:00 - 10:30	Les Mills Virtual 10:00 - 12:30	Funktionstraining 10:00 - 10:30	Indoor Cycling 10:15 - 11:15						
10:15											
10:30		Les Mills Virtual 10:30 - 12:30		Les Mills Virtual 10:30 - 12:30							
10:45											
11:00	Les Mills Virtual 11:00 - 16:00				Les Mills Virtual 11:15 - 12:30						
11:15											
11:30											
11:45											
12:00											
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14:00											
14:15											
14:30											
14:45											
15:00		Les Mills Virtual 15:00 - 16:00	Les Mills Virtual 15:00 - 17:15	Les Mills Virtual 15:00 - 16:30	Les Mills Virtual 15:00 - 17:00						
15:15											
15:30											
15:45											
16:00	Funktionstraining 16:00 - 16:30	Rehasport 16:00 - 16:45									
16:15											
16:30				Rehasport 16:30 - 17:15							
16:45	Rehasport 16:45 - 17:30	Funktionstraining 16:45 - 17:15									
17:00		Präventionskurs § 20 AOK Kraftausdauer 17:15 - 18:00	Funktionstraining 17:15 - 17:45	Les Mills Virtual 17:15 - 18:00	Rehasport 17:00 - 17:45						
17:15											
17:30	Yoga 17:30 - 18:30 Hatha+Yin Yoga	BootCamp 18:00 - 19:00	Rehasport 18:00 - 18:45	Indoor Cycling 18:00 - 19:00	Funktionstraining 17:45 - 18:15						
17:45											
18:00	Indoor Cycling 18:30 - 19:30				Präventionskurs § 20 AOK Kraftausdauer 18:15 - 19:00						
18:15											
18:30		Bauch Beine Po 19:00 - 19:45	BodyPump 19:00 - 20:00	Präventionskurs § 20 19:00 - 20:15 Hatha-Yoga	BodyPump 19:00 - 20:00						
18:45											
19:00											
19:15											
19:30	GRIT 19:30 - 20:00	TRX Suspension Training 19:45 - 20:30	GRIT 20:00 - 20:30								
19:45											
20:00	Les Mills Virtual 20:00 - 22:00				Les Mills Virtual 20:00 - 21:00						
20:15											
20:30		Les Mills Virtual 20:30 - 22:00	Les Mills Virtual 20:30 - 22:00								
20:45											
21:00											
21:15											
21:30											
21:45											