

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00	Les Mills Virtual	Les Mills Virtual	Les Mills Virtual	Les Mills Virtual	Les Mills Virtual		
08:15	08:00 - 09:30	08:00 - 09:00	08:00 - 09:15	08:00 - 09:00	08:00 - 09:30		
08:30							
08:45							
09:00		Yoga		Rehasport		Les Mills Virtual	Les Mills Virtual
09:15		09:00 - 10:00 Hatha+Yin Yoga	TRX Suspension Training	09:00 - 09:45		09:00 - 15:00	09:00 - 15:00
09:30	Funktionstraining		09:15 - 10:00		Rehasport		
09:45	09:30 - 10:00				09:30 - 10:15		
10:00	BodyPump	Funktionstraining	Les Mills Virtual	Funktionstraining			
10:15	10:00 - 11:00	10:00 - 10:30	10:00 - 12:30	10:00 - 10:30	Indoor Cycling		
10:30		Les Mills Virtual		Les Mills Virtual	10:15 - 11:15		
10:45		10:30 - 12:30		10:30 - 12:30			
11:00	Les Mills Virtual				Les Mills Virtual		
11:15	11:00 - 16:00				11:15 - 12:30		
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
13:00							
13:15							
13:30							
13:45							
14:00							
14:15							
14:30							
14:45							
15:00		Les Mills Virtual	Les Mills Virtual	Les Mills Virtual	Les Mills Virtual		
15:15		15:00 - 16:00	15:00 - 17:15	15:00 - 16:30	15:00 - 17:00		
15:30							
15:45							
16:00	Funktionstraining	Rehasport					
16:15	16:00 - 16:30	16:00 - 16:45					
16:30				Rehasport			
16:45	Rehasport	Funktionstraining		16:30 - 17:15			
17:00	16:45 - 17:30	16:45 - 17:15			Rehasport		
17:15		Prävention \$ 20	Funktionstraining	Prävention \$ 20	17:00 - 17:45		
17:30	Yoga	17:15 - 18:00	17:15 - 17:45	17:15 - 18:00			
17:45	17:30 - 18:30	Fitness Ampel (E- GYM)		Kraftausdauer	Funktionstraining		
18:00	Hatha+Yin Yoga	BootCamp	Rehasport	Indoor Cycling	17:45 - 18:15		
18:15		18:00 - 19:00	18:00 - 18:45	18:00 - 19:00	TRX Suspension Training		
18:30	Indoor Cycling				18:15 - 19:00		
18:45	18:30 - 19:30						
19:00		Bauch Beine Po	BodyPump	Prävention \$ 20	BodyPump		
19:15		19:00 - 19:45	19:00 - 20:00	19:00 - 20:15	19:00 - 20:00		
19:30	GRIT			Hatha-Yoga			
19:45	19:30 - 20:00	TRX Suspension Training					
20:00	Les Mills Virtual	19:45 - 20:30	GRIT		Les Mills Virtual		
20:15	20:00 - 22:00		20:00 - 20:30		20:00 - 21:00		
20:30		Les Mills Virtual	Les Mills Virtual	Les Mills Virtual			
20:45		20:30 - 22:00	20:30 - 22:00	20:15 - 22:00			
21:00							
21:15							
21:30							
21:45							