

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	9.15 – 10.15 Indoor Cycling	10.00 – 11.00 WS-Gymnastik			10.00 – 11.00 WS-Gymnastik	
					11.15 – 12.15 Indoor Cycling	11.00 – 13.00 Indoor Cycling*
				16.00 – 17.00 Indoor Cycling		
17.30 – 18.00 Bauch X-treme	17.30 – 18.00 Bauch X-treme	17.30 – 18.00 Bauch X-treme	17.30 – 18.00 Bauch X-treme	17.00 – 18.00 Bodyforming		
18.00 – 19.00 Aerobic	18.00 – 19.00 Hot Iron I	18.00 – 19.00 Step Aerobic	18.00 – 19.00 Hot Iron I			
19.15 – 20.15 Indoor Cycling	19.00 – 20.00 Hot Iron II	19.15 – 20.15 Indoor Cycling	19.00 – 20.00 Hot Iron II			
	20.15 – 21.15 Indoor Cycling		20.15 – 21.15 Indoor Cycling			

*Sonntag nur für Fortgeschrittene / findet alle zwei Wochen statt

