

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
			16:30-17:45 <b>Langhanteltraining   Jolene</b>			
17:00-18:00 <b>Langhanteltraining   Leonie</b>	17:00-18:00 - <b>Back Power   Svea</b>	17:00-18:00 - <b>Latin Dance Workout   Lucie</b>	17:45-18:30 - <b>Stretch &amp; Flex   Jolene</b>			
18:00-19:00 - <b>Kraftaufbau   Jannis</b>	18:15-19:15 - <b>Indoor Cycling   Cornelius</b>	18:15-19:15 - <b>Functional Training   Cornelius</b>				
19:00-20:00 - <b>BBP   Katharina</b>				19:00-20:00 - <b>Core Strengthening &amp; Muscle Relaxation   Samara</b>		