

MONTAG	DIENSTAG		MITTWOCH	DONNERSTAG		FREITAG	SAMSTAG	SONNTAG
08:30-09:30 Fitness Boxen Stina								
	10:15-11:15 Morning Stretch Lucie	10:15-11:15 Zirkeltraining Lisa				10:15-11:15 Backpower Svea		
						11:15-12:15 Step Workout Svea		
14:00-15:00 Latin Dance Workout Lucie	14:00-15:00 Full Body Stretch Stella				14:00-15:00 Latin Dance Workout Lucie	14:15-15:15 Sweat & Fit Stella		
16:45-17:45 Full Body Stretch Stella					16:00-17:15 Langhanteltraining Jolene			
16:45-18:00 Langhanteltraining Leonie	16:30-17:30 Power Yoga Sophie		16:00-17:00 Mobility Training Cristina	16:00-17:00 Fitness Workout Samara	17:15-18:00 Stretch & Flex Jolene	16:45-17:45 Power Yoga Lisa		
18:00-19:00 Kraftaufbau Jannis	19:00-20:00 Indoor Cycling Svea		17:00-18:00 Pilates Pauline	17:00-18:00 Stretching & Flexibility Samara	17:45-18:45 DeepWORK Leonie			18:00-19:00 Sunday Surprise 
19:00-20:00 Indoor Cycling Cornelius			18:00-19:00 Indoor Cycling Guido	18:00-19:00 Functional Training Cornelius	18:00-19:00 Indoor Cycling Lili			
19:15-20:15 HIIT Anina			19:15-20:15 Step Choreo Katharina		19:15-20:15 Zirkeltraining Anina			