

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.00 - 10.00 RÜCKEN-FIT (1)	09.00 - 09.25 TABATA (1) <b>POLAR.</b>	08.00 - 08.30 <b>NEU!</b> BAUCH & RÜCKEN (2)	08.45 - 10.15 YOGA (1)	08.30 - 09.20 AEROBIC I (1) <b>POLAR.</b>	10.00 - 11.00 <b>NEU!</b> AROHA (1)	09.30 - 10.15 AQUA FIT
08.45 - 09.45 PILATES (2)	09.30 - 10.00 STEP I (1) <b>POLAR.</b>	08.30 - 09.00 <b>NEU!</b> LANGHANTELTRAIN. (2)	10.00 - 10.45 AQUA FIT	09.30 - 09.55 BBP EXPRESS (1)	11.00 - 12.00 <b>NEU!</b> RÜCKEN-FIT (1)	10.00 - 11.00 CYCLE (2) <b>POLAR.</b>
10.00 - 10.30 STRETCH & RELAX (1)	10.00 - 10.30 FASZIEN TRAINING (1)	09.00 - 09.50 Ü50 BBP (2)		10.00 - 10.55 PILATES (1)		11.30 - 12.30 <b>!</b> SURPRISE (1)
10.00 - 11.00 <b>POLAR.</b> DRUMS ALIVE® (2)	10.00 - 10.45 AQUA FIT	09.00 - 09.50 <b>POLAR.</b> ZUMBA® GOLD (1)		11.00 - 11.30 STRETCH & RELAX (1)		
		10.00 - 10.50 RÜCKEN-FIT (1)				
17.00 - 17.25 BAUCH-FIT (1)	17.30 - 17.55 BAUCH FIT (1)	10.15 - 11.00 <b>POLAR.</b> FATBURNER CYCLE(2)	17.00 - 18.00 FUßBALLTRAINING (3)	16.00 - 16.30 <b>!</b> BAUCH-FIT (1)	16.30 - 17.30 SURPRISE (1)	13.00 - 14.00 DANCEHALL FITNESS (1)
17.30 - 18.00 TABATA (1) <b>POLAR.</b>	17.30 - 17.45 <b>POLAR.</b> CYCLE EINFÜHR. (2)	16.30 - 17.20 STEP FATBURNER (1)	17.15 - 17.40 BAUCH-FIT (1)	16.30 - 17.30 PILATES (1)	18.00 - 18.45 AQUA FIT	16.00 - 16.30 FASZIEN TRAINING (1)
17.30 - 18.20 STEP FATBURNER (2)	17.45 - 18.35 CYCLE (2) <b>POLAR.</b>	17.00 - 17.25 BAUCH-FIT (2)	17.45 - 18.55 YOGA (1)	17.30 - 18.30 KICKBOX WORKOUT (1)		16.30 - 17.30 PILATES (1)
18.00 - 19.00 RÜCKEN-FIT (1)	18.00 - 18.25 TABATA (1) <b>POLAR.</b>	17.30 - 18.30 IRON CROSS (2)	18.00 - 19.00 CYCLE (2) <b>POLAR.</b>	18.00 - 19.30 CYCLE (2) <b>POLAR.</b>		18.00 - 18.45 AQUA FIT
18.30 - 19.40 YOGA (2)	18.30 - 19.00 FASZIEN TRAINING (1)	17.30 - 18.25 PILATES (1)	19.00 - 19.50 STEP I (1)			
19.00 - 20.00 ZUMBA (1) <b>POLAR.</b>	18.00 - 18.45 AQUA FIT	18.00 - 18.25 TRX® (4)	19.05 - 20.05 DEEPWORK (2)			
19.45 - 20.45 CYCLE (2) <b>POLAR.</b>	18.40 - 19.30 CYCLE (2) <b>POLAR.</b>	18.30 - 19.30 RÜCKEN-FIT (2)	19.50 - 20.40 M.A.X. (1) <b>POLAR.</b>			
20.00 - 20.45 AQUA FIT	19.10 - 20.30 YOGA (1)	18.30 - 19.30 POWER INTERVALL (1)				