

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
07:00 – 07:30	▶ LES MILLS BODYBALANCE	▶ LES MILLS CXWORX	▶ LES MILLS BODYCOMBAT	▶ LES MILLS BODYPUMP	▶ LES MILLS BODYBALANCE				
07:30 – 08:00	▶ LES MILLS CXWORX	▶ LES MILLS BODYCOMBAT	▶ LES MILLS BODYPUMP	▶ LES MILLS BODYBALANCE	▶ LES MILLS CXWORX				
08:00 – 08:30	▶ LES MILLS BODYCOMBAT	▶ LES MILLS BODYPUMP	▶ LES MILLS BODYBALANCE	▶ LES MILLS CXWORX	▶ LES MILLS BODYCOMBAT				
08:30 – 09:00	▶ LES MILLS BODYPUMP	▶ LES MILLS BODYBALANCE	▶ LES MILLS CXWORX	▶ LES MILLS BODYCOMBAT	▶ LES MILLS BODYPUMP				
10:00 – 10:30						▶ LES MILLS BODYPUMP	▶ LES MILLS CXWORX		
10:30 – 11:00						▶ LES MILLS BODYCOMBAT	▶ LES MILLS BODYBALANCE		
11:00 – 11:30	▶ LES MILLS BODYPUMP	▶ LES MILLS BODYBALANCE	▶ LES MILLS BODYBALANCE	▶ LES MILLS BODYBALANCE	▶ LES MILLS BODYBALANCE	MAINHATTAN SPORTS 11:00 – 11:45 Body Weight MAINHATTAN SPORTS 11:45 – 12:30 Yoga Meets Pilates	MAINHATTAN SPORTS 11:00 – 12:00 Bauch/Rücken Express		
11:30 – 12:00	▶ LES MILLS CXWORX	▶ LES MILLS CXWORX	▶ LES MILLS CXWORX	▶ LES MILLS CXWORX	▶ LES MILLS CXWORX				
12:00 – 12:30	MAINHATTAN SPORTS 12:00 – 13:00 Yoga	▶ LES MILLS BODYPUMP	MAINHATTAN SPORTS 12:15 – 13:00 Business Workout	▶ LES MILLS BODYPUMP	▶ LES MILLS BODYPUMP		MAINHATTAN SPORTS 12:00 – 13:00 Langhantel Power		
12:30 – 13:00		▶ LES MILLS BODYBALANCE						▶ LES MILLS BODYBALANCE	
13:00 – 13:30								▶ LES MILLS BODYBALANCE	MAINHATTAN SPORTS 13:00 – 14:30 Yoga
13:30 – 14:00									
14:00 – 14:30	▶ LES MILLS BODYCOMBAT	▶ LES MILLS BODYBALANCE	▶ LES MILLS BODYPUMP	▶ LES MILLS CXWORX	▶ LES MILLS BODYCOMBAT				
14:30 – 15:00	▶ LES MILLS BODYBALANCE	▶ LES MILLS BODYCOMBAT	▶ LES MILLS CXWORX	▶ LES MILLS BODYPUMP	▶ LES MILLS BODYBALANCE	▶ LES MILLS CXWORX			
15:00 – 15:30	▶ LES MILLS BODYPUMP	▶ LES MILLS CXWORX	▶ LES MILLS BODYCOMBAT	▶ LES MILLS BODYBALANCE	▶ LES MILLS BODYPUMP	▶ LES MILLS BODYPUMP			
15:30 – 16:00	▶ LES MILLS CXWORX	▶ LES MILLS BODYPUMP	▶ LES MILLS BODYBALANCE	▶ LES MILLS BODYCOMBAT	▶ LES MILLS CXWORX				
16:00 – 17:00						▶ LES MILLS BODYCOMBAT			
18:00 – 18:30	MAINHATTAN SPORTS 18:00 – 19:00 Pilates	MAINHATTAN SPORTS 18:00 – 18:30 Bauch/Rücken Express MAINHATTAN SPORTS 18:30 – 19:30 Hot Iron	MAINHATTAN SPORTS 18:00 – 19:00 Rückenpower MAINHATTAN SPORTS 19:00 – 20:00 Zumba	MAINHATTAN SPORTS 18:00 – 18:30 Bauchexpress MAINHATTAN SPORTS 18:30 – 19:30 Langhantelworkout	▶ LES MILLS CXWORX				
18:30 – 19:00								▶ LES MILLS SH'BAM	MAINHATTAN SPORTS 19:00 – 20:00 Zumba
19:00 – 19:30	MAINHATTAN SPORTS 19:00 – 20:00 Zumba	MAINHATTAN SPORTS 20:00 – 21:30 Yoga	▶ LES MILLS SH'BAM	▶ LES MILLS BODYPUMP					
19:30 – 20:00								▶ LES MILLS SH'BAM	
20:00 – 20:30	▶ LES MILLS SH'BAM				▶ LES MILLS BODYCOMBAT	▶ LES MILLS SH'BAM			
20:30 – 21:00					▶ LES MILLS BODYCOMBAT	▶ LES MILLS BODYCOMBAT			