MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
Wirbelsäulen Gymnastik & Pilates / AS 09:00 – 10:00	Figurtraining mit Langhantel / AS 08:30 – 09:30	Rückentraining an Fitnessgeräten / FL 09:00 – 10:00	Zumba Gold / AS 08:30 – 09:30	Wirbelsäulen Gymnastik & Dehnen / AS 09:00 – 10:00	Cross Athletics / FL 09:15 – 11:00	
Wirbelsäulen Gymnastik & Pilates / AS 10:00 – 11:00		Bodybalance / AS 10:00 – 11:00		Wirbelsäulen Gymnastik & Dehnen / AS 10:00 – 11:00		
Yoga / Pilates / AS 17:30 – 18:30	Bodyworkout & Bauch muss weg / AS 17:30 – 18:15	Bodycross / AS 17:30 – 18:30	Kickboxen / AS (Folgestunde Kickboxen) 17:00 – 18:00	Ganzkörperkräftigung an der Kinesiswand / FL 17:00 – 18:00		
Yoga / Pilates / AS 18:30 – 19:30	Bodyworkout &Bauch muss weg / AS 18:15 – 19:00	Zumba / AS 18:30 – 19:30	Kickboxen / AS (Folgestunde) 18:00 – 19:00	Flexibar / AS 18:00 – 19:00		
Military Training / FL 18:00 – 19:00		Fitness Boxen / FL 19:00 – 20:30				
Indoor – Cycling / SR (Mike) 18:30 – 20:00	Kickboxen / AS 19:00 – 20:30	Ken Jitsu Karate / AS (Mario) 19:30 – 20:30	Cross Athletics mit Corebag / FL 18:00 – 19:30			
Ken Jitsu Karate / AS (Mario) 19:30 – 20:45	Cross Athletics / FL 19:00 – 20:15		Zumba / AS (Marc) 19:00 – 20:00			
			Indoor – Cycling / SR (Mike) 19:00 – 20:30			

Freifläche = FL Aerobicsaal = AS Spinning Raum = SR

OLYMPIC GYM