

MONTAG

07:10 08:00	Functional Strength	FL
09:45 10:45	Yoga Rückenfit	WL
09:45 10:45	Body & Mind	YL
10:45 12:00	Hatha Yoga	YL
11:00 12:00	Bodyforming	EL

DIENSTAG

07:15 08:00	Good Morning Yoga	YL
07:15 08:15	LesMills BODYPUMP®	EL
10:00 11:00	ZUMBA® Gold	EL
11:05 12:00	Fit & Vital	EL
12:30 13:30	Vinyasa Yoga	YL

MITTWOCH

09:45 10:45	QiGong	EL
10:00 11:00	Zirkeltraining	TF
11:00 12:30	RückenFit & Stretching	EL

DONNERSTAG

07:15 08:15	LesMills BODYPUMP®	EL
09:30 10:30	Pilates	EL
10:45 11:45	Wirbelsäulen Gymnastik	YL

FREITAG

08:45 09:45	Fitness 50+	YL
10:00 11:00	ZUMBA® Gold	EL
10:00 11:00	Zirkeltraining	TF
10:00 11:15	Hatha Yoga	YL
11:15 12:15	RückenFit	EL

SAMSTAG

10:15 11:15	Latin Joy	WL
10:30 11:30	Yin Yoga	YL
11:45 12:45	LesMills BODYCOMBAT®	EL
12:00 13:30	Kundalini Yoga	YL
13:00 14:00	LesMills BODYBALANCE®	YL
14:10 15:10	Bodyforming	EL

SONNTAG

10:30 11:30	LesMills BODYPUMP®	EL
11:00 12:00	Cycling	WL
11:45 12:45	Bodyforming	EL

17:00 18:00	LesMills BODYPUMP®	EL
17:30 18:45	Bodyforming	WL
17:30 18:30	Functional Variations	FL
17:30 18:30	LesMills BODYBALANCE®	YL
18:00 19:00	LesMills BODYCOMBAT®	EL
18:30 19:30	Functional Variations	FL
18:40 20:10	Vinyasa Yoga	YL
19:00 20:00	Cycling	WL
19:10 20:10	Pilates	EL

17:00 18:00	ZUMBA®	EL
17:00 18:00	Yoga RückenFit	YL
18:00 18:45	Tabata Functional	FL
18:00 19:00	Cycling	WL
18:15 19:15	LesMills BODYPUMP®	EL
18:15 19:15	Vinyasa Yoga	YL
19:30 20:00	LesMills CORE®	WL
19:30 20:30	LesMills BODYCOMBAT® classics	EL
19:30 20:30	Vinyasa Flow	YL
20:30 20:45	Stretching	EL

17:05 18:00	Vinyasa Yoga	YL
17:30 18:30	LesMills BODYPUMP®	EL
18:00 19:00	Bodyforming	WL
18:00 19:00	RückenFit	YL
18:00 19:00	Functional Fitness	FL
18:45 19:45	LesMills BODYCOMBAT®	EL
19:00 20:15	Hatha Yoga	YL
19:15 20:00	Functional Variations	FL
19:15 20:15	Cycling	WL

16:00 16:45	Pranayama Yoga & Meditation	YL
16:50 17:50	LesMills BODYATTACK®	EL
17:00 18:00	Functional Variations	FL
17:00 18:00	Kraftvoller Yoga-Flow	YL
18:00 19:00	Functional Variations	FL
18:00 19:00	Cycling	WL
18:00 19:00	LesMills BODYPUMP®	EL
18:15 19:45	Yin Yoga	YL
19:10 20:10	Jumping Fitness	EL
19:15 20:15	Cycling	WL

15:50 16:50	LesMills BODYBALANCE®	YL
16:45 17:45	Jumping Fitness	EL
16:55 17:55	Functional Core	YL
17:00 18:00	Cycling	WL
18:00 19:00	LesMills BODYPUMP®	EL
18:00 19:30	Vinyasa Yoga	YL
18:10 19:10	STRONG Nation	WL
19:15 20:15	ZUMBA®	EL
19:45 20:30	Meditation & Aromatherapie	YL

EL = Kursevent Loft (4. OG) | YL = Yoga Loft (4. OG)
 WL = Workout Loft (3. OG) | FL = Functional Loft (2. OG) | TF = Trainingsfläche (3. OG)

