

## MONTAG

07:10 Functional Strength FL  
08:00

09:45 Body & Mind YL  
10:45

11:00 Bodyforming EL  
12:00

11:00 Hatha Yoga YL  
12:15

17:00 LesMills BODYPUMP® EL  
18:00

17:30 Bodyforming WL  
18:45

17:30 Functional Variations FL  
18:30

17:00 LesMills BODYBALANCE® YL  
18:00

18:05 LesMills CORE YL  
18:35

18:10 LesMills BODYCOMBAT® EL  
19:10

18:30 Functional Variations FL  
19:30

18:40 Vinyasa Yoga YL  
20:10

19:00 Cycling WL  
20:00

19:15 Pilates EL  
20:15

20:20 Kundalini Yoga YL  
21:35

## DIENSTAG

07:15 Good Morning Yoga YL  
08:00

07:15 LesMills BODYPUMP® EL  
08:15

09:45 Yoga RückenFit YL  
10:45

10:00 ZUMBA® Gold EL  
11:00

11:05 Fit & Vital EL  
12:00

12:30 Vinyasa Yoga YL  
13:30

17:00 ZUMBA® EL  
18:00

17:00 Yoga RückenFit YL  
18:00

18:00 Tabata Functional FL  
18:45

18:00 Cycling WL  
19:00

18:15 LesMills BODYPUMP® EL  
19:15

18:15 Vinyasa Yoga YL  
19:15

19:30 LesMills CORE® WL  
20:00

19:30 LesMills BODYCOMBAT® classics EL  
20:45

19:30 Vinyasa Flow YL  
20:30

## MITTWOCH

09:45 QiGong EL  
10:45

10:00 Zirkeltraining TF  
11:00

11:00 RückenFit & Stretching EL  
12:30

11:15 Cycling WL  
12:15

17:05 Vinyasa Yoga YL  
18:00

17:30 LesMills BODYPUMP® EL  
18:30

17:30 Functional Fitness FL  
18:30

18:00 Bodyforming WL  
19:00

18:00 RückenFit YL  
19:00

18:45 LesMills BODYCOMBAT® EL  
19:45

18:45 Functional Strength FL  
19:45

19:15 Hatha Yoga YL  
20:15

19:15 Cycling WL  
20:15

## DONNERSTAG

07:15 LesMills BODYPUMP® EL  
08:15

09:30 Pilates EL  
10:30

10:45 Wirbelsäulen Gymnastik YL  
11:45

17:00 Vinyasa Yoga YL  
18:00

18:00 Functional Variations FL  
19:00

18:00 Cycling WL  
19:00

18:00 LesMills BODYPUMP® EL  
19:00

18:15 Yin Yoga YL  
19:45

19:10 Jumping Fitness EL  
20:10

19:15 Cycling WL  
20:15

20:00 Vinyasa Yoga YL  
21:00

## FREITAG

08:45 Fitness 50+ YL  
09:45

10:00 ZUMBA® Gold EL  
11:00

10:00 Zirkeltraining TF  
11:00

10:00 Beckenboden-training YL  
11:00

11:15 RückenFit EL  
12:15

15:50 LesMills BODYBALANCE® YL  
16:50

16:45 Jumping Fitness EL  
17:45

16:55 Functional Core YL  
17:55

17:00 Cycling WL  
18:00

17:00 Functional HIIT FL  
18:00

18:00 LesMills BODYPUMP® EL  
19:00

18:00 Vinyasa Yoga YL  
19:30

18:10 STRONG Nation WL  
19:10

19:15 ZUMBA® EL  
20:15

19:45 Meditation & Aromatherapie YL  
20:30

## SAMSTAG

10:15 Latin Joy WL  
11:15

10:30 Yin Yoga YL  
11:30

11:30 Cycling gerade KW WL  
12:30

11:30 Cycling ungerade KW WL  
13:00

11:45 LesMills BODYCOMBAT® EL  
12:45

12:00 Kundalini Yoga YL  
13:30

13:00 LesMills BODYBALANCE® YL  
14:00

14:10 Bodyforming EL  
15:10

## SONNTAG

10:30 LesMills BODYPUMP® EL  
11:30

10:30 Hatha Yoga YL  
11:30

11:00 Cycling WL  
12:00

11:45 Bodyforming EL  
12:45

11:45 Yoga & Stretching YL  
12:45

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