

MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG		
07:10 08:00	Functional Strength	FL	07:15 08:00	Good Morning Yoga	YL	09:45 10:45	QiGong	EL	07:15 08:15	LesMills BODYPUMP®	EL	08:45 09:45	Fitness 50+	YL	10:15 11:15	Latin Joy	WL	10:30 11:30	LesMills BODYPUMP®	EL
09:45 10:45	Body & Mind	YL	07:15 08:15	LesMills BODYPUMP®	EL	10:00 11:00	Zirkeltraining	TF	09:30 10:30	Pilates	EL	10:00 11:00	ZUMBA® Gold	EL	10:30 11:30	Yin Yoga	YL	10:30 11:30	Hatha Yoga	YL
11:00 12:00	Bodyforming	EL	09:45 10:45	Yoga RückenFit	YL	11:00 12:30	RückenFit & Stretching	EL	10:45 11:45	Wirbelsäulen Gymnastik	YL	10:00 11:00	Zirkeltraining	TF	11:30 12:30	Cycling <i>gerade KW</i>	WL	11:00 12:00	Cycling	WL
11:00 12:15	Hatha Yoga	YL	10:00 11:00	ZUMBA® Gold	EL	11:15 12:15	Cycling	WL				10:00 11:00	Beckenboden-training	YL	11:30 13:00	Cycling <i>ungerade KW</i>	WL	11:45 12:45	Bodyforming	EL
			11:05 12:00	Fit & Vital	EL							11:15 12:15	RückenFit	EL	11:45 12:45	LesMills BODYCOMBAT®	EL	11:45 12:45	Yoga & Stretching	YL
			12:30 13:30	Vinyasa Yoga	YL										12:00 13:30	Kundalini Yoga	YL			
17:00 18:00	LesMills BODYPUMP®	EL													13:00 14:00	LesMills BODYBALANCE®	YL			
17:30 18:45	Bodyforming	WL	17:00 18:00	ZUMBA®	EL	17:05 18:00	Vinyasa Yoga	YL	17:00 18:00	Vinyasa Yoga	YL	15:50 16:50	LesMills BODYBALANCE®	YL	14:10 15:10	Bodyforming	EL			
17:30 18:30	Functional Variations	FL	17:00 18:00	Yoga RückenFit	YL	17:30 18:30	LesMills BODYPUMP®	EL	18:00 19:00	Functional Variations	FL	16:45 17:45	Jumping Fitness	EL						
17:00 18:00	LesMills BODYBALANCE®	YL	18:00 18:45	Tabata Functional	FL	17:30 18:30	Functional Fitness	FL	18:00 19:00	Cycling	WL	16:55 17:55	Functional Core	YL						
18:05 18:35	LesMills CORE	YL	18:00 19:00	Cycling	WL	18:00 19:00	Bodyforming	WL	18:00 19:00	LesMills BODYPUMP®	EL	17:00 18:00	Cycling	WL						
18:10 19:10	LesMills BODYCOMBAT®	EL	18:15 19:15	LesMills BODYPUMP®	EL	18:00 19:00	RückenFit	YL	18:15 19:45	Yin Yoga	YL	17:00 18:00	Functional HIIT	FL						
18:30 19:30	Functional Variations	FL	18:15 19:15	Vinyasa Yoga	YL	18:45 19:45	LesMills BODYCOMBAT®	EL	19:10 20:10	Jumping Fitness	EL	18:00 19:00	LesMills BODYPUMP®	EL						
18:40 20:10	Vinyasa Yoga	YL	19:30 20:45	LesMills BODYCOMBAT® <i>classics</i>	EL	18:45 19:45	Functional Strength	FL	19:15 20:15	Cycling	WL	18:00 19:30	Vinyasa Yoga	YL						
19:00 20:00	Cycling	WL	19:30 20:30	Vinyasa Flow	YL	19:15 20:15	Hatha Yoga	YL	20:00 21:00	Vinyasa Yoga	YL	18:30 19:30	ZUMBA®	WL						
19:15 20:15	Pilates	EL				19:15 20:15	Cycling	WL				19:45 20:30	Meditation & Aromatherapie	YL						
20:20 21:35	Kundalini Yoga	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)