








MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
07:30 - 08:25 WSG	08:00 - 08:50 FIT MIX	08:30 - 09:25 ZUMBA	08:30 - 09:25 WSG	08:30 - 09:45 PILATES
08:30 - 09:25 WSG	09:00 - 09:55 SPINNING		09:40 - 10:15 JUMP TRAMPOLIN	09:50 - 10:45 SPINNING
09:35 - 10:30 YOGA	09:05 - 09:40 JUMP TRAMPOLIN			
			17:30 - 18:05 JUMP TRAMPOLIN	
17:30 - 18:05 JUMP TRAMPOLIN		17:30 - 18:25 STEP WORK	18:00 - 19:20 SPINNING	
18:00 - 19:20 SPINNING	17:30 - 18:25 BBP	18:35 - 19:20 YOGA	18:20 - 19:15 ZUMBA	18:00 - 18:35 JUMP TRAMPOLIN
18:15 - 19:05 PILATES	18:35 - 19:30 WSG			
19:15 - 19:50 JUMP TRAMPOLIN				

Virtuelle Spinningkurse (The Trip) können jederzeit selbst über das iPad gestartet werden.