






MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
07:30 - 08:15 <b>WSG</b>	08:00 - 08:30 <b>FIT MIX</b>	08:30 - 09:05 <b>ZUMBA</b>	08:00 - 08:45 <b>WSG</b>	08:00 - 08:30 <b>FIT MIX</b>
08:25 - 09:10 <b>WSG</b>	08:40 - 09:10 <b>FIT MIX</b>	09:10 - 09:45 <b>ZUMBA</b>	08:55 - 09:40 <b>WSG</b>	08:40 - 09:10 <b>FIT MIX</b>
09:20 - 09:55 <b>YOGA</b>	09:20 - 09:55 <b>JUMP TRAMPOLIN</b>		09:50 - 10:25 <b>JUMP TRAMPOLIN</b>	09:20 - 10:00 <b>SPINNING 1</b>
10:00 - 10:35 <b>YOGA</b>	09:20 - 10:00 <b>Spinning</b>		10:30 - 11:05 <b>JUMP TRAMPOLIN</b>	
	10:00 - 10:35 <b>JUMP TRAMPOLIN</b>		17:00 - 17:35 <b>JUMP TRAMPOLIN</b>	
17:00 - 17:35 <b>JUMP TRAMPOLIN</b>		<b>LES MILLS THE TRIP</b>	17:40 - 18:15 <b>JUMP TRAMPOLIN</b>	17:30 - 18:05 <b>JUMP TRAMPOLIN</b>
17:45 - 18:15 <b>BODY WORK</b>			18:00 - 18:40 <b>SPINNING 1</b>	18:15 - 18:50 <b>JUMP TRAMPOLIN</b>
18:00 - 18:40 <b>SPINNING 1</b>	17:00 - 17:30 <b>BODY MIX</b>	17:00 - 17:30 <b>STEP MIX</b>	18:25 - 19:00 <b>ZUMBA</b>	
18:25 - 18:55 <b>BODY WORK</b>	17:40 - 18:10 <b>BODY MIX</b>	17:40 - 18:10 <b>STEP MIX</b>	18:45 - 19:25 <b>SPINNING 2</b>	
18:45 - 19:25 <b>SPINNING 2</b>	18:20 - 19:05 <b>WSG</b>	18:20 - 18:55 <b>YOGA</b>	19:05 - 19:40 <b>ZUMBA</b>	
19:10 - 19:50 <b>JUMP TRAMPOLIN</b>	19:10 - 19:50 <b>WSG</b>	19:00 - 19:35 <b>YOGA</b>		

**Virtuelle Spinningkurse (THE TRIP) können jederzeit selbst über das iPad gestartet werden.**