

MO	DI	MI	DO	FR	SO
9.30 - 10.25 WSG	9.00 - 10.30 Gerätezirkel	9.30 - 10.25 WSG intensiv	7.10 - 8.10 Spinning 9.30 - 10.25 WSG 10.30 - 11.25 AROHA	9.30 - 10.25 WSG intensiv 10.30 - 11.30 Spinning 12.00 - 12.45 WSG	10.30 - 12.00 Mixed Workout
17.30 - 18.25 Pilates	17.30 - 18.25 AROHA	17.30 - 18.25 Power Lift	17.30 - 18.25 WSG intensiv	17.30 - 18.00 Power Spinning	
18.30 - 19.25 Step	18.30 - 18.25 WSG	18.30 - 19.25 Spinning	18.30 - 19.25 Zumba	18.00 - 18.30 Kampfworkout	
19.30 - 20.00 Bauch-Intensiv-WO			19.30 - 20.25 Yoga	18.30 - 19.00 Power Lift Express	
20.00 - 21.00 Spinning				19.00 - 19.30 Funktionstraining	