

## Montag

## Dienstag

## Mittwoch

## Donnerstag

## Freitag

## Samstag

## Sonntag

		High Jumping 09.00-09.25 Team					
9.00	Pilates 09.00-10.00 Oksana	Bauch, Beine, Po 09.30-10.00 Team	Wake up Pilates 09.00-10.00 Lucas	Bauch Xpress 09.00-09.25 Team	Circle Training 09.00-09.25 Team	Muscle Pump 09.00-09.25 Team <b>NEU!</b>	High Jumping 09.00-09.25 Team
	4D PRO Beginner 09.30-10.15 Team	Circle Training 10.05-10.30 Team	Functional Parcours 09.30-10.00 Team	M.A.X. 09.30-10.00 Team	TRX & Bauch 09.30-10.00 Team	TRX 09.30-10.00 Team	Bauch Xpress 09.30-10.00 Team
10.00	Zumba 10.05-11.05 Eugenia	Strong Back 10.35-11.00 Team	Bauch Xpress 10.05-10.30 Team	Body Toning 10.05-10.30 Team	Zumba 10.10-11.10 Alex <b>NEU!</b>	Jumping 10.10-10.50 Team	Body Pump 10.05-11.05 Team
	TRX 11.45-12.10 Team	Kettlebell Workout 11.45-12.10 Team	Zumba 10.10-11.10 Eugenia	Good Morning Yoga 10.10-11.10 Lucas		Spinning 10.10-11.10 Margeritha	Spinning 10.10-11.10 Giovanna
11.00	Spinning 12.10-13.10 Team	Spinning 12.10-13.10 Mike	4D PRO Bungee Workout 11.45-12.10 Team	High Jumping 11.45-12.10 Team	Bauch Xpress 11.45-12.10 Team	Bauch Xpress 11.00-11.20 Team	Boxen 10.15-11.15 im EG Mo
	Full Body Workout 12.15-12.45 Team	Circle Training 12.15-12.45 Team	Bauch Xpress 12.15-12.45 Team	Spinning 12.10-13.10 Mike	Full Body Workout 12.15-12.40 Team	Yoga 11.30-12.30 Marion	Pilates 11.10-12.10 Michelle
12.00	Yoga 12.15-13.15 Andreas	Body Pump 12.15-13.15 Team	High Jumping 12.15-12.45 Team	Body Pump 12.15-13.15 Imran	Pilates 12.15-13.15 Stephan	Functional Parcours 12.30-13.00 Team	Body Toning 12.30-13.00 Team
	Boxen 12.15-13.00 Team <b>NEU!</b> EG Mo		Power Yoga 12.15-13.15 Andreas				
	High Jumping 17.00-17.25 Team	Sixpack HIIT 17.00-17.25 Team <b>NEU!</b>		Cardiorobic Jumping 17.00-17.25 Team	Bauch Beine Po 16.30-17.00 Team		
17.00	Boot Camp 17.30-17.55 Team	TRX HIIT 17.30-18.00 Team	Kettlebell Workout 17.00-17.25 Team	4D PRO Bungee Xplode 17.30-18.00 Team	Circle Training 17.05-17.25 Team		
	Zumba 17.30-18.30 Eugenia	Kettlebell Circle 18.05-18.30 Team	High Jumping 17.30-18.00 Team	Functional Parcours 18.05-18.30 Team	Bauch Xpress 17.30-18.00 Team		
18.00	Bauch Xpress 18.00-18.25 Team	Fatburner Step 18.10-19.10 Silvia	Full Body Workout 18.05-18.25 Team	Yoga 18.05-19.05 Bilyana	High Jumping 18.05-18.30 Team		
	Les Mills Grit 18.30-19.00 Team <b>NEU!</b>	Boxen 19.00-20.00 im EG Paul	Les Mills Grit 18.30-19.00 Team <b>NEU!</b>	Boxen 19.00-20.00 im EG Paul			
19.00	Spinning 19.00-20.00 Nicole	Spinning 19.00-20.00 Giovanna	Spinning 19.00-20.00 Margeritha	Spinning 19.00-20.00 Giovanna			
	Body Pump 19.10-20.10 Imran	Bauch Xpress 19.15-19.40 Team	Functional Parcours 19.10-19.40 Team	High Jumping 19.10-19.45 Team			
20.00	TRX 20.00-20.30 im EG Team	Boot Camp 19.45-20.15 Team	Body Pump 19.15-20.15 Chantal	Bauch Xpress 19.50-20.15 Team			
	Deep Yoga 20.15-21.15 Silvia	Power Yoga 19.45-20.45 Michelle	4D PRO Bungee 20.30-21.00 Team	Kettlebell Workout 20.20-20.50 Team			