

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
NEU 9:00 – 9:30 CrossWork Functional-Area, Maurice	9:30 – 10:30 Fatburner-Workout Studio 1, Susan	9:00 – 10:00 INJOY-Rückenprogramm Studio 1, Bettina	NEU 7:45 – 8:45 Yoga „Entspannt in den Tag“ Studio 1, Susan	9:00 – 9:30 Faszientraining Studio 1, Susan	10:30 – 11:30 BauchBeinePo Studio 1, Gudrun	
9:00 – 10:00 Vital & Fit Studio 1, Bettina	10:30 – 11:30 Pilates Studio 1, Susan	10:00 – 10:30 Blackroll-Faszientraining Studio 1, Bettina	NEU 9:00 – 9:30 CrossWork Functional-Area, Jan	9:30 – 10:15 ZUMBA © Studio 1, Susan	11:30 – 12:30 Dance Studio 1, Gudrun	
10:00 – 11:00 Fatburner-Workout Studio 1, Susan		10:30 – 11:00 Bauch Studio 1, Bettina	11:00 – 12:00 Yoga Studio 1, Marc	10:15 – 11:15 Bodystyling Studio 1, Susan		11:30 – 13:00 Workout Studio 1, Bärbel
				10:00 – 11:00 Aquagymnastik* im Maritim, Petra		
				16:00 – 17:00 ZUMBA © Studio 1, Steffi	an jedem 1. Samstag im Monat	
NEU 17:00 – 17:30 Kraft Intervall Studio 2, Svenja	NEU 17:00 – 18:00 Fatburner-Workout Studio 1, Arame	NEU 17:00 – 18:00 Step For Everybody Studio 1, Lena	NEU 18:00 – 19:00 Fatburner-Cycling* Studio 3, Dominik	17:00 – 18:00 Fatburner-Workout Studio 1, Gudrun	15:00 – 16:00 Dance Studio 1, Susan	
17:00 – 18:00 ZUMBA © Studio 1, Juliana	NEU 18:00 – 19:00 ThaiBo Studio 1, Arame	17:00 – 18:00 Aquagymnastik* im Maritim, Bettina	18:00 – 19:00 Pilates Studio 1, Bettina	18:00 – 19:00 Step II Studio 1, Gudrun		
17:30 – 18:00 Bauch Studio 2, Svenja	18:00 – 19:00 Fatburner-Cycling* Studio 3, Andy	NEU 17:15 – 17:45 ZUMBA Basic © Studio 3, Susan	NEU 19:00 – 19:30 CrossWork* Functional-Area, Frederik	18:00 – 19:00 Boxconditioning Studio 2, Sascha		
18:00 – 19:00 Pump-Attack Studio 2, Juliana	18:00 – 18:30 Jump-Fit-Workout* Jump Club, Jan	NEU 18:00 – 19:00 BauchBeinePo Studio 2, Lena	NEU 19:00 – 20:00 Pump-Attack Studio 1, Dominik			
18:00 – 19:00 Intervall-Fatburner Studio 1, Svenja	19:00 – 19:30 CrossWork* Functional- Area, Maurice	18:00 – 19:00 ZUMBA © Studio 1, Susan				* wegen begrenzter Teilnehmerzahl ist eine Anmeldung erforderlich
19:00 – 20:00 Bodystyling Studio 1, Juliana	19:00 – 20:30 Rückenfit & Stretching Studio 1, Bärbel	19:00 – 19:30 Bauch Studio 1, Susan				Die Kurse finden ab 4 Teilnehmern statt
19:00 – 20:00 Yogilates Studio 2, Susan		19:30 – 20:00 Pump-Attack Studio 1, Susan				Änderungen vorbehalten!
20:00 – 20:30 Faszientraining Studio 2, Susan		19:00 – 20:00 Bauch & Rückenworkout Studio 2, Bärbel				
		20:00 – 21:00 Yoga Studio 1, Susan				