

A 08:00		A 09:00		A 10:00		A 11:00		A 12:00		B 06:00	
Rücken Fit		Mobility		Fatburner/HIIT		A 09:00		Cross Training			
Mobility		Cross Training		Bauch Express		Rücken Express		Hula Hoop Dance			
LesMills® BODYPUMP		Boxen		LesMills® BODYPUMP		Jumping Fitness®		Zumba®			
Basal RPM				Bauch Express		Cross Training		LesMills® BODYPUMP			
Indoor Cycling				LesMills® RPM		Boxen		Indoor Cycling			
				LesMills® BODYPUMP							