

09:00	09:00	09:00	09:00	09:00	09:00
Rücken Fit	Mobility	Fatburner/HIIT	09:00	Crossfit	Boxen
Mobility	Crossfit	Bauch Express	Rücken Express	Hula Hoop Dance	
LesMills® BODYPUMP	Boxen	LesMills® BODYPUMP	Jumping Fitness®	Zumba®	
Basal Core Pro		Bauch Express	Crossfit	LesMills® BODYPUMP	
Indoor Cycling		LesMills® RPM	Boxen	Indoor Cycling	
		LesMills® BODYPUMP			