

MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG		
09:45 10:45	Yoga Rückenfit	WL	07:15 08:15	LesMills BODYPUMP®	EL	09:45 11:00	QiGong	EL	07:15 08:15	LesMills BODYPUMP®	EL	09:45 10:45	Zirkeltraining	TF	11:45 12:45	LesMills LMI STEP®	EL	10:15 11:15	LesMills BODYPUMP®	EL
09:45 10:45	Body & Mind	YL	10:00 11:00	ZUMBA® Gold	EL	10:00 11:00	Zirkeltraining	TF	09:30 10:30	Pilates	YL	10:00 11:00	ZUMBA® Gold	EL	11:45 12:45	LesMills BODYCOMBAT®	WL	11:15 12:15	Bodyforming	WL
10:45 11:45	Hatha Yoga	YL	10:30 11:15	Fit & Vital	WL	11:00 12:30	RückenFit & Stretching	EL	10:45 12:00	Vinyasa Yoga	YL	10:45 11:45	Vinyasa Yoga	YL	12:00 13:30	Kundalini Yoga	YL	11:30 12:30	LesMills BODYATTACK®	EL
11:00 12:00	Bodyforming	EL	12:30 13:30	Vinyasa Yoga	YL							11:15 12:15	RückenFit	EL	13:00 14:00	Jumping Fitness	EL	12:45 13:45	Cycling	WL
17:00 18:00	LesMills BODYPUMP®	EL	17:00 18:00	ZUMBA®	EL	17:30 18:30	LesMills BODYPUMP®	EL	17:30 18:30	Functional Variations	FL	16:00 17:00	LesMills BODYBALANCE®	YL						
17:30 18:30	Bodyforming	WL	17:30 18:30	Yin Yoga	YL	18:00 19:00	Bodyforming	WL	18:00 19:00	LesMills BODYATTACK®	EL	16:45 17:45	Jumping Fitness	EL						
17:30 18:30	LesMills BODYBALANCE®	YL	18:00 18:45	Tabata Functional	FL	18:00 19:00	RückenFit <small>ab 10.05.</small>	YL	18:00 19:00	Cycling	WL	17:00 18:00	Cycling	EL						
18:00 18:45	Functional Variations	FL	18:00 19:00	Cycling	WL	19:00 20:00	Hatha Yoga <small>ab 10.05.</small>	YL	18:00 19:15	Slow Vinyasa Yoga <small>ab 10.05.</small>	YL	17:10 17:55	Functional Core	YL						
18:00 19:00	LesMills BODYCOMBAT®	EL	18:15 19:15	LesMills BODYPUMP®	EL	18:45 19:45	LesMills BODYCOMBAT®	EL	19:15 20:15	LesMills LMI STEP®	EL	18:00 19:00	LesMills BODYPUMP®	EL						
18:40 19:55	Vinyasa Yoga	YL	18:45 19:45	Vinyasa Yoga	YL	19:00 20:00	Functional Variations	FL	19:15 20:15	ZUMBA®	WL	18:00 19:00	Functional Yoga	FL						
19:00 20:00	Cycling	WL	19:15 20:15	RückenFit	WL	19:15 20:15	Cycling	WL	20:00 21:15	Yin Yoga	YL	18:00 19:30	Vinyasa Yoga	YL						
19:10 20:10	Pilates	EL	19:30 20:30	LesMills BODYCOMBAT®	EL							19:15 20:15	ZUMBA®	EL						
			20:35 20:50	Stretching	EL															

EL = Kursevent Loft (4. OG) | YL = Yoga Loft (4. OG) | WL = Workout Loft (3. OG) | FL = Functional Loft (2. OG) | TF = Trainingsfläche (3. OG)