






Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2
				9:30-10:30 belegt		9:30-10:30 belegt		8:30-9:30 belegt					
10:30 - 11:30 Reha Sport Iveta	10:30-11:30 Body Workout Diana	11:00-12:15 Rücken & Stretch Diana		10:30 - 11:30 Reha Sport Steffen		11:00-12:15 Pilates Eva				10:30-12:00: Functional Training Esteban		10:30 - 11:40 Body Pump Gesa	
						16:30-17:30 Indiaca belegt				12:00-13:00  Kelly		11:40-12:10 CX WORX Gesa	
17:20-17:50 Intervall- Training Leonie	17:15-18:15 belegt	17:30-18:40 Body Pump Jacob	17:30-19:00 belegt			17:30-18:30  Kelly							
18:00-18:30 CX WORX Leonie	18:30-19:30 Reha Sport Saskia	18:40 - 19:40 Indoor- Cycling Kristin		18:00-19:00  Robert		18:30 - 19:30 Indoor- Cycling Lars	18:30 - 19:30 Reha Sport Iveta	18:00 - 19:00 Langhantel- Training Andrea B.	18:00-19:00 Body Balance Kathy			15:30 - 16:30 Langhantel- Training Andrea B.	
18:30-19:30  Esteban	19:30-20:30 Body Balance Ron	19:40-21:10 Boxen Hans	19:00-20:00 Pilates Mari	19:00-20:00  Kelly	19:00-20:00 Body Balance Kerstin	19:40-20:40 Functional Training Niclas	19:30-21:00 belegt	19:00-19:30 CX WORX Kathy				16:30 - 17:30 Indoor- Cycling Andrea V.	
19:40-20:40 Functional Training Esteban				20:00-21:10 Body Pump Lina	20:00-22:00 belegt								