

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
8:00 Raum 1 WakeUp Yoga (75 Min) Kathi		8:00 Raum 1 Morning Yoga (75 Min) Mimi	8:00 Raum 1 Yoga (60 Min.) Mimi	8:00 Raum 1 Yoga (90 Min) Mimi		10:00 Raum 1 Yoga (75 Min) Janina
9:00 Aqua Fitness (60 Min) Eleonora	9:00 Raum 1 Pilates (60 Min) Ramona	9:00 Aqua Fitness (60 Min) Eleonora	9:00 Raum 1 Pilates (60 Min) Mimi	09:00 Aqua (60 Min) Meggy	9:00 Raum 1 Yogalates (90 Min) Stella	11:30 Raum 1 Pilates (60 Min) Janina
10:00 Raum 2 Healthy Back/ Mobility (60 Min) Eleonora		10:00 Raum 2/ Fläche HIIT Workout (60 Min) Eleonora		10:00 Raum 2 Circle Training Functional (60 min) Eleonora	11:00 Raum 3 Functional Boxing (60 Min) Fritz	12:00 Aqua Sport (60 Min) Meggy
					12:10 Aqua Sport (60 Min) Fritz	13:10 Raum 2 Full Body Workout (60 Min) Meggy
16:00 Raum 2 ABS attack (20 min) Camilo	16:00 Studio 2 Back/Rücken (20 min) Andrea	16:00 Studio 2 Stretching/ mobility 30 min Andrea		16:00 Raum 2 ABS attack (20 min) Camilo	15:00 Raum 2 Healthy Back (30 Min) Camilo	15:00 Raum 2 Modern Dance / Barre (60 Min) Andrea
17:00 Raum 1 Pilates (60 Min) Fritz	17:00 Raum 2 Bauch Beine Po (60 Min) Stella	17:00 Raum 2 Bodyshape (60 Min) Kathi	17:30 Raum 2 TRX VS KETTLEBELL (60 Min) Fritz	17:00 Raum 1 Vinyasa Yoga (75 Min) Yureimi	17:00 Raum 1 Hatha Yoga (60 Min) Arda	16:00 Raum 2 Functional Workout (30 Min) Christian
18:00 Studio 2 Bootcamp (60 Min) Fritz	18:00 Raum 2 Functional & Deepwork Workout (60 Min) Stella	18:00 Raum 1 Pilates (60 Min) Kathi	18:30 Raum 3 Functional Boxing (60 Min) Fritz	18:00 Raum 2 Pump it (60 Min) Camilo		
18:30 Aqua (60 Min) Meggy	18:00 Raum 1 Barre (60 Min) Andrea	18:30 Aqua (60 Min) Christin	18:00 Aqua Zumba (60 Min) Sanja	18:00 Aqua Zumba (60 Min) Sanja		
19:00 Raum 2 Hot Iron (60 Min) Camilo	19:00 Raum 1 Hatha Yoga (90 Min) Mimi	19:00 Raum 1 Candle Yoga (90 Min) Kathi	19:00 Raum 1 Easy Yoga (60 Min) Arda			PLAN AB 04.10.2023