

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:45 10:45	07:15 08:00	09:45 10:45	07:15 08:15	10:00 11:00	10:15 11:15	10:15 11:15
Yoga Rückenfit	Good Morning Yoga	QiGong	LesMills BODYPUMP®	ZUMBA® Gold	Latin Joy	LesMills BODYPUMP®
YL	YL	EL	EL	EL	WL	EL
09:45 10:45	07:15 08:15	11:00 12:30	09:30 10:30	11:15 12:15	11:45 12:45	11:30 12:30
Body & Mind	LesMills BODYPUMP®	RückenFit & Stretching	Pilates	RückenFit	LesMills BODYCOMBAT®	Bodyforming
YL	EL	EL	EL	EL	EL	EL
10:45 12:00	10:00 11:00				12:00 13:30	11:30 12:30
Hatha Yoga	ZUMBA® Gold				Kundalini Yoga	LesMills BODYATTACK®
YL	EL				YL	WL
11:00 12:00	11:00 12:00				14:10 15:10	12:45 13:45
Bodyforming	Fit & Vital				Bodyforming	Cycling
EL	EL				EL	WL
	12:30 13:30					
	Vinyasa Yoga					
	YL					

17:00 18:00	17:00 18:00	17:30 18:30	17:00 18:00	15:50 16:50
LesMills BODYPUMP®	ZUMBA®	LesMills BODYPUMP®	Functional Variations	LesMills BODYBALANCE®
EL	EL	EL	FL	YL
17:30 18:30	18:00 18:45	18:00 19:00	17:00 18:00	16:45 17:45
Bodyforming	Tabata Functional	Bodyforming	Kraftvoller Yoga-Flow	Jumping Fitness
WL	FL	WL	YL	EL
17:30 18:30	18:00 19:00	18:00 19:00	18:00 19:00	16:55 17:55
Functional Variations	Cycling	RückenFit	Functional Variations	Functional Core
FL	WL	YL	FL	YL
17:30 18:30	18:15 19:15	18:45 19:45	18:00 19:00	17:00 18:00
LesMills BODYBALANCE®	LesMills BODYPUMP®	LesMills BODYCOMBAT®	Cycling	Cycling
YL	EL	EL	WL	WL
18:00 19:00	19:15 20:15	19:00 20:15	18:00 19:00	18:00 19:00
LesMills BODYCOMBAT®	Yoga RückenFit	Hatha Yoga	LesMills BODYPUMP®	LesMills BODYPUMP®
EL	WL	YL	EL	EL
18:30 19:30	19:30 20:30	19:15 20:00	18:15 19:45	18:00 19:30
Functional Variations	LesMills BODYCOMBAT® classics	Functional Variations	Yin Yoga	Vinyasa Yoga
FL	EL	FL	YL	YL
18:40 19:40	20:30 20:45	19:15 20:15	19:10 20:10	18:10 19:10
Vinyasa Yoga	Stretching	Cycling	Jumping Fitness	STRONG Nation
YL	EL	WL	EL	WL
19:00 20:00			19:15 20:15	19:15 20:15
Cycling			Bodyforming	ZUMBA®
WL			WL	EL
19:10 20:10				
Pilates				
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)