

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00		BodyWork Aleksandra					
07:30				Fascial Release Martina C.	Total Body Energize Martina C.		
09:00	BodyWork DORIS	Pilates Aleksandra	Booty Workout Aleksandra		YOGA (75Min) Karl	Deep Work Patricia	
09:30							Bodywork Timea
10:00	Faszien Stretch DORIS		Pilates Aleksandra	ZUMBA Andrea 		ZUMBA Steffi 	
10:30							Gesunder Rücken Timea
11:00		Rückenfit Kleingruppe Roland €15,00		Rückenfit Roland	Rückenfit Kleingruppe Roland €15,00		
14:00							
16:00							
17:00	Iron System Sabine		Iron System Vicky				
17:00		Core Fit Roland		Bodywork Samuel	DANCE Samuel		
17:30				Strong Nation Julia	Iron System Ines		
18:00	ZUMBA Natalie 	Step Karin	Strong Nation Natalie	Step Samuel	Bodywork Samuel		
18:00							Triyoga Flow (75Min) Martina C.
18:30		ZUMBA Martina 					
19:00	BBP Natalie	Bodywork Karin	Fatburning Doris				
19:00	Flow Yoga Roland		YOGA Karl	Flow Yoga Roland			
OUTDOOR	Kleingruppe €15/Person						
INDOOR							