



















	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG		
																					
6:00-6:45	BODY			FITNESS			FITNESS			BACK			FITNESS								
6:45-7:00	FITNESS																				
7:00-7:15			ALPHA — OMEGA	BACK						FITNESS			ALPHA — OMEGA	BACK	YOGA						
7:15-7:30						STRENGTH															
7:30-7:45																					
7:45-8:00																					
8:00-8:15	BACK			FITNESS						BACK											
8:15-8:30	FITNESS			BODY	YOGA					BACK											
8:30-8:45																					
8:45-9:00	BODY																				
9:00-9:15	FITNESS			FITNESS						ALPHA — OMEGA											
9:15-9:30																					
9:30-9:45																					
9:45-10:00																					
10:00-10:15		PILATES																			
10:15-10:30																					
10:30-10:45	BABY					WARRIOR															
10:45-11:00																					
11:00-11:15		PRÄNATAL																			
11:15-11:30			STRENGTH																		
11:30-11:45						ALPHA — OMEGA															
11:45-12:00																					
12:00-12:15	FITNESS	POSTNATAL																			
12:15-12:30																					
12:30-12:45																					
12:45-13:00																					
13:00-13:15	BACK																				
13:15-13:30																					
13:30-13:45																					
13:45-14:00																					
14:00-14:15	BODY																				
14:15-14:30																					
14:30-14:45	BACK																				
14:45-15:00																					
15:00-15:15																					
15:15-15:30																					
15:30-15:45																					
15:45-16:00	FITNESS																				
16:00-16:15	BODY		ALPHA																		
16:15-16:30																					
16:30-16:45	BACK																				
16:45-17:00	FITNESS		HURRICANE																		
17:00-17:15	BODY	YOGA																			
17:15-17:30																					
17:30-17:45	BODY																				
17:45-18:00	FITNESS		OMEGA																		
18:00-18:15	BACK	KamiBo'																			
18:15-18:30																					
18:30-18:45	FITNESS																				
18:45-19:00	BACK																				
19:00-19:15	FITNESS	DANCE JAM																			
19:15-19:30																					
19:30-19:45																					
19:45-20:00	PILATES																				
20:00-20:15																					
20:15-20:30																					
20:30-20:45																					
20:45-21:00																					
21:00-21:15																					