




|             | MONTAG  |   |   | DIENSTAG  |   |   | MITTWOCH  |   |   | DONNERSTAG  |   |   | FREITAG   |   |   | SAMSTAG   |   |   | SONNTAG   |   |   |           |
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| 6:00-6:45   | FITNESS   |   |   | FITNESS   |   |   | FITNESS   |   |   | BACK  |   |   | FITNESS   |   | STRENGTH  |   |   |   |   |   |   |           |
| 7:00-7:45   | FITNESS   |   | ALPHA — OMEGA   | BACK  |   | STRENGTH  | FITNESS   |   | METABOLIC   | FITNESS   |   | ALPHA — OMEGA   | BACK  |   |   |   |   |   |   |   |   |           |
| 8:00-8:45   | BACK  |   |   | FITNESS   |   |   | BURN  |   |   | BURN  |   |   | BURN  |   |   | FITNESS   |   | STRENGTH  | FITNESS   |   | ALPHA — OMEGA   |           |
| 9:00-9:45   | FITNESS   |   |   | BURN  | YOGA  |   |   | YOGA  |   |   |   | STRENGTH BASIC  | FITNESS   |   |   | BACK  |   |   | BURN  | YOGA  |   |           |
| 10:00-10:45 | BACK  |   |   | FITNESS   |   |   | BACK  |   | ALPHA — OMEGA   | BACK  |   | ALPHA — OMEGA   | FITNESS   |   |   | FITNESS   |   | HURRICANE   | FITNESS   | YOGA  |   | STRENGTH  |
| 11:00-11:45 | FITNESS   | PILATES   |   | FITNESS   |   | METABOLIC   | BACK  | QIGONG & BREATH-WORK  |   | BURN  |   |   | BURN  |   |   | BACK  |   | ALPHA — OMEGA   | BURN  | KamiBo'   |   | METABOLIC |
| 12:00-12:45 | BABY  |   |   |   |   |   | FITNESS   |   |   | FITNESS   | PILATES   |   | FITNESS   |   |   | FITNESS   |   | ALPHA — OMEGA   | FITNESS   | PILATES   |   |           |
| 13:00-13:45 | PRÄNATAL  | STRENGTH BASIC  |   |   |   |   | BABY  |   |   | BACK  | strongHER   |   | BABY  |   |   | BACK  | strongHER   |   | METABOLIC   | BACK  | ALPHA — OMEGA   |           |
| 14:00-14:45 | POSTNATAL   |   |   |   |   |   | ALPHA — OMEGA   |   |   | FITNESS   |   |   | FITNESS   |   |   | FITNESS   |   |   | FITNESS   |   |   |           |
| 15:00-15:45 | FITNESS   |   |   |   | PILATES   |   | FITNESS   |   |   | FITNESS   |   |   | FITNESS   |   |   | BACK  |   |   | BACK  |   |   |           |
| 16:00-16:45 | BACK  |   |   |   |   |   | BACK  |   |   | BACK  |   |   | BACK  |   |   | FITNESS   |   |   | FITNESS   |   |   |           |
| 17:00-17:45 | FITNESS   |   |   | FITNESS   |   |   |   |   | STRENGTH BASIC  |   |   |   | BURN  |   |   |   |   |   |   |   |   |           |
| 18:00-18:45 | BURN  |   |   | FITNESS   |   |   | FITNESS   |   |   | FITNESS   |   |   | BACK  | strongHER   |   |   |   |   | BACK  |   |   |           |
| 19:00-19:45 | BACK  |   |   | BACK  |   |   | BACK  |   |   | BURN  |   |   | FITNESS   | strongHER   |   |   |   |   | FITNESS   |   |   |           |
| 20:00-20:45 | FITNESS   |   | ALPHA — OMEGA   | BURN  |   |   | BACK  |   | METABOLIC   | BACK  |   | ALPHA — OMEGA   | FITNESS   |   | PILATES   | STRENGTH  |   |   | BURN  |   | METABOLIC   |           |
| 21:00-21:45 | FITNESS   |   |   | FITNESS   |   |   | FITNESS   | PILATES   |   | FITNESS   |   |   | BACK  |   |   |   |   |   | BACK  | NEURO FITNESS   | ALPHA — OMEGA   |           |
| 22:00-22:45 | BACK  |   | HURRICANE   | BACK  |   |   | BURN  |   | STRENGTH  | FITNESS   |   | HURRICANE   | BACK  | deepWORK™   |   | ALPHA — OMEGA   |   |   | FITNESS   |   |   |           |
| 23:00-23:45 | BURN  | YOGA  |   | FITNESS   |   | ALPHA   | FITNESS   | strongHER   |   | BACK  |   | ALPHA   | BACK  |   |   | ALPHA — OMEGA   |   |   | BURN  | PILATES   | STRENGTH  |           |
| 24:00-24:45 | FITNESS   |   | OMEGA   | BURN  |   | STRENGTH  | FITNESS   |   | STRENGTH BASIC  | BURN  |   | ALPHA   | FITNESS   |   |   | ALPHA — OMEGA   |   |   | FITNESS   |   |   |           |
| 25:00-25:45 | BACK  | KamiBo'   |   | BACK  |   |   | BACK  |   |   | BACK  |   |   | BACK  |   |   |   |   |   | BACK  |   |   |           |
| 26:00-26:45 | FITNESS   |   | STRENGTH  | FITNESS   |   | HURRICANE   | FITNESS   |   | ALPHA — OMEGA   | BACK  |   | ALPHA — OMEGA   | BACK  |   |   | ALPHA — OMEGA   |   |   | FITNESS   | strongHER   | HURRICANE   |           |
| 27:00-27:45 | PILATES   | DANCE JAM   |   | PILATES   |   | KamiBo'   | FITNESS   |   |   | FITNESS   |   | HURRICANE   | FITNESS   |   |   |   |   |   | FITNESS   |   |   |           |
| 28:00-28:45 |   |   | METABOLIC   |   |   |   | ALPHA — OMEGA   |   |   |   |   |   | strongHIM   |   |   |   |   |   |   |   |   |           |