

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.00 - 09.45 Platinum Body Workout	09.00 - 09.45 Platinum Body Workout	09.00 - 10.00 Pilates Basic	09.00 - 10.30 Yoga	09.00 - 09.45 Fatburner / Figur Mix	09.00 - 09.45 Pilates Slide-Moves	
10.45 - 11.30 Rücken Prävention	10.45 - 11.30 Figur	10.45 - 11.30 Rücken Faszien-Fitness		10.45 - 11.30 Figur	10.30 - 11.30 BOP Body-Rolling	10.30 - 11.15 Fatburner Cardio High
16.30 - 17.15 Figur Bauch plus	16.30 - 17.15 Figur	16.30 - 17.15 Fatburner Cardio Light	16.30 - 17.15 Rücken / Zirkel			
17.30 - 18.00 Rücken intensiv	17.30 - 18.00 Faszien-Fitness	17.30 - 18.00 Rücken Kraft/Stretch	17.30 - 18.00 Stretch intensiv	17.30 - 18.30 Pilates Advanced		
18.15 - 19.00 BOP	18.15 - 19.00 BSC Body Sculpt Core	18.15 - 19.00 Platinum Body Workout	18.15 - 19.00 Fatburner / Figur Mix			
19.30 - 21.00 Yoga	19.30 - 20.30 ZUMBA®	19.30 - 20.15 Muay Thai Fitness	19.30 - 21.00 Yoga			

Time
2
Move