

Kursplan gültig ab 1. Februar 2020

| Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | | Samstag | | Sonntag |
|------------------------|----------------|--------------------------|----------------|-------------|----------------|----------------------|--------------|---------------|----------------|-------------|--------|-----------------------------|
| Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 1 |
| 10:00-11:30 | 09:45-10:45 | 10:30-11:30 | 10:30-11:30 | 10:00-11:00 | | 10:15-11:30 | | 10:00-11:00 | 10:00-11:00 | | | 10:30-11:30 |
| Fit & Fun Mix | ENJOY! Fit | Functional Gymnastics | Indoor-Cycling | Rückenfit | | Rücken+Faszien | | Pilates | ENJOY! Fit | 11:00-12:30 | | Fatburner |
| | 11:00-12:00 | | | 11:00-12:00 | | 11:30-12:30 | | 11:00-11:30 | 11:15-12:15 | Zumba® | | 11:30-12:30 |
| | ENJOY! Fit | | | Rücken-YOGA | | Beckenboden | | Stretch/Relax | ENJOY! Fit | 13:00-14:00 | | Langhantel + Kettle Bell |
| | | | | | | | | | | Combat Fit | | |
| | | | | | | | | | | 14:30-16:00 | | 15:00-16:30 |
| | | | | | | | | | | Yoga | | Bauchtanz |
| 18:00-19:00 | | 18:00-19:00 | 18:00-19:00 | 17:00-18:30 | 18:00-19:00 | 18:00-19:30 | | 18:00-19:00 | 18:00-19:00 | | | |
| Bodypower | | Deep Work | Indoor-Cycling | WS Aktiv | Indoor-Cycling | Fat Attack | | BBP | Indoor-Cycling | | | |
| 19:00-20:00 | 19:00-20:00 | 19:00-20:00 | | 18:30-20:00 | | | | | | | | Raum 2 |
| BBP | Indoor-Cycling | Pilates | | YOGA | | | 19:00-20:00 | 19:00-20:00 | | | | 11:00-12:00 |
| 20:15-21:15 | | | | 20:15-21:15 | | | ENJOY! Relax | Rücken "Plus" | | | | ENJOY! Fit |
| Zumba® | | | | Zumba® | | | | | | | | |
| <i>Trainingsfläche</i> | | | | 11:30-12:30 | | | | | | | | |
| | | | | Stretching | | | | | | | | |
| 18:30-19:00 | | 18:30-19:30 | | 18:00-18:30 | 18:30-19:30 | 18:30-19:30 | | | | | | 12:15-13:45 |
| Core Animation | | Tuff-Stuff- Circle | | Bauchkiller | Body Fit | Tuff-Stuff Circle | | | | | | Body-Fit |