

| MONTAG | | | | DIENSTAG | | | | MITTWOCH | | | | DONNERSTAG | | | | FREITAG | | | | SAMSTAG | | | |
|---|----------------------|---------------------------------|---|--------------------|---------------|---|------------------|---|------------------------------|---------------------------------|---------------|---------------|------------------|--|-------------|---------------|---|---------------------------------|---------|---------|----------------------|-------------------------------|---------------|
| OG | EG | Funktionale/ Trainingsfläche | Cycling | OG | EG | Funktionale/ Trainingsfläche | Cycling | OG | EG | Funktionale/ Trainingsfläche | Cycling | OG | EG | Funktionale/ Trainingsfläche | Cycling | OG | EG | Funktionale/ Trainingsfläche | Cycling | OG | EG | Cycling | |
| 09.00 h | | | | 09.00 – 09.50 | | | | | | | | | | 09.00 – 09.50 | | | | | | 09.00 h | | | |
| 09.30 h | 09.30 – 10.20 | | | Morning Workout | | | | 09.30 – 10.20 | | | | | | Geräte- gestütztes Krafttraining | | | 09.30 – 10.20 | | | 09.30 h | | | |
| 10.00 h | Bauch Beine Po | | | | | 10.00-10.50 Intensiv Betreuung Krafttraining | | Pilates | | | | | | 10.00 – 10.30 Fle-xx | | | Total Body | | | 10.00 h | | 10.00 – 11.15 | |
| 10.30 h | | 10.30 – 11.20 | | | | | | 10.30 – 11.20 | | | | | | | | | | | | 10.30 h | | Power Weekend Fitboxing | |
| 11.00 h | | World Jumping | | | | | | Yoga | | | | | | | | | | | | 11.00 h | | | |
| 11.30 h | | | | | | | | | | | | | | | | | | | | 11.30 h | | | |
| BITTE RESERVIEREN SIE IHREN WUNSCH-KURS ONLINE ODER PER TELEFON * DIE KURSE KÖNNEN AB ZWEI TEILNEHMERN STATTFINDEN.* DIE MIT ☀ GEKENNZEICHNETEN KURSE KÖNNEN BEI PASSENDEN WETTER DRAUSSEN STATTFINDEN. | | | | | | | | | | | | | | | | | | | | | | | |
| 16.00 h | | | | | | | | | | | | | | | | | 16.00 – 18.00 | | | 16.00 h | | | 16.00 – 16.50 |
| 16.30 h | | | | | | | | | | | | | | | | | Workout Intensiv Spezial | | | 16.30 h | | | Cycling |
| 17.00 h | | | | | | | | | | | | | | | | | 17.00 – 17.50 Max your Body Athletiktraining | | | SONNTAG | | | |
| 17.30 h | | | | | | | | | | | | | | | | | Jeden 1. Freitag im Monat | | | 09.30 h | | | |
| 18.00 h | 18.15 – 18.50 | 18.00 – 18.50 | 18.00-18.50 Intensiv Betreuung Krafttraining | 18.00 – 18.50 | 19.00 – 19.50 | 18.00 – 18.50 | 18.00 – 18.50 | 18.00-18.50 Intensiv Betreuung Krafttraining | 18.00 – 18.50 | 18.00 – 18.50 | 18.00 – 18.50 | 18.00 – 18.50 | 18.00 – 18.50 | 18.00 – 18.50 | 18.00-19.00 | 18.00 – 18.50 | | | | 10.00 h | 10.00 – 10.50 | | 10.00 – 10.50 |
| 18.30 h | Bauchkiller | Muscle Pump | | Cycling | Rückenfit | World Jumping | Power Cycling | | 18.15 – 18.50 Bauchkiller | | Cycling | Pilates | Total Body | Muskel Workshop 1 x pro Monat | Cycling | | | | | 10.30 h | Bauch Beine Po | | Cycling |
| 19.00 h | 19.00 – 19.50 | 19.00 – 19.50 | 19.00 – 19.50 | 19.00 – 19.50 | | 19.00 – 19.50 | | 19.00 – 19.50 | 19.00 – 20.30 | 19.00 – 19.50 | | 19.00 – 19.50 | 19.00 – 19.50 | 19.00 – 19.50 | | | | | | 11.00 h | | | 11.00 – 11.50 |
| 19.30 h | Yoga | Total Body | Functional Workout | Cycling | | Body Intervall | | Bauch Beine Po | Fitboxing | Athletik Training | | Yoga | World Jumping | | Cycling | | | | | 11.30 h | | | Cycling |
| 20.00 h | 20.00 – 20.50 | | | | | | | | | | | | | | | | | | | | | | |
| 20.30 h | Zumba | | | | | | | | | | | | | | | | | | | | | | |