

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|---|--|---|--|---|
| 09.15 – 10.10 Bauch & Rücken Martina | 09.30 – 10.15 Bauch Beine Po Virtueller Coach | 09.15 – 10.10 Body Workout Martina | 09.15 – 10.00 Dance Power Elke | |
| 10.20 – 11.20 Yoga Katharina | | | 10:05 – 11:00 Pilates & Yoga Elke | 10.20 – 11.20 Yoga Katharina |
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| 18.30 – 19.30 Indoor Cycling Martina/Christian | | | | 17:45 – 18:45 Deep Work Harald |
| 18.30 – 19.25 Dance Power Elke | 18.30 – 19.30 Rückenfit Anja | 18.30 – 19.30 Pilates Elke | 18:15 – 19:00 World Jumping Anja | 18.50 – 19.30 Faszien & Stretch Harald |
| 18.30 – 19.15 Zirkeltraining Rogier | | | 18.30 – 19.30 Indoor Cycling Christian | |
| 19.35 – 20.15 HIT Training Anja | | | | |

