

Wochenplan gültig ab 13.01.2025

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|--------------------|--------------------|-----------------------|--------------------|----------------------|---------|--------------------|
| 09:15 | Spinning | Langhanteltraining | Body Toning/ Mobility | | BBP meets Pilates | | Easy Step |
| 09:30 | | | | | | | 09:30 - 10:10 |
| 09:45 | 09:15 – 10:15 | 09:15 - 10:15 | 09:15 – 10:15 | | 09:15 - 10:15 | | 40min. |
| 10:00 | Raum 2 | Raum 1 | Raum 1 | | Raum 1 | | Raum 1 |
| 10:15 | | | | | | | |
| 10:30 | | | | | | | |
| 10:45 | | | | | | | Vinyasa Power Yoga |
| 11:00 | | | | | | | 10:15 - 11:15 |
| 11:15 | | | | | | | Raum 1 |
| 11:30 | | | | | | | |
| 18:00 | Bellicon Jumping | | Bauch-Beine-Po-Rücken | Body Toning | Jumping meets Tabata | | |
| 18:15 | 18:00 - 19:00 | | 18:00 – 19:00 | 18:00 - 19:00 | 18:00 - 19:00 | | |
| 18:30 | Dance Aerobic | Pilates | Raum 1 | Raum 1 | Raum 1 | | |
| 18:45 | 18:00 - 19:00 | 18:00 - 19:00 | | | | | |
| 19:00 | Fun Tone/ deepwork | Bellicon Jumping | Pilates | Langhanteltraining | | | |
| 19:15 | 19:00 - 20:00 | 19:00 - 20:00 | 19:00 – 20:00 | 19:00 - 20:00 | | | |
| 19:30 | Spinning | Raum 1 | Raum 1 | Spinning | | | |
| 19:45 | 19:30 - 20:30 | | | 19:00 - 20:00 | | | |