

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
10:00	BBRP	Complete Body Workout	Pilates	BBRP	Bodyfit	BBRP	Rücken Balance	10:00	
10:30	Martina K. 10:00	N.N. 10:00	Maude A. 10:00	Jasmin Z. 10:00	Chris A. 10:00	Frauke R./ Brigitte J. 10:00	N.N./ Inken P. 10:00	10:30	
11:00	Pause	Pause	Pause	Pause	Pause	Pause	Pause	11:00	
11:30	Rücken Power	Pilates	Complete Body Workout	Pilates	BBRP	Complete Body Workout	BBRP	11:30	
12:00	Zoya M. 11:30	N.N. 11:30	Maike N. 11:30	Frauke R. 11:30	N.N. 11:30	Stefanie St./ Jochen T. 11:30	Sonja L. Andrea M. 11:30	12:00	
12:30	Pause	Pause	Pause	Pause	Pause	Pause	Pause	12:30	
13:00				Soft Fitness			Fit Fight Basic/ Technik	13:00	
13:30				Claudia P. 13:00			Andreas M./ Andrea R. 13:00	13:30	
14:00	Pause	Pause	Pause	Pause	Pause	Pause	Pause	14:00	
14:30	ZUMBA® Gold	Bodyfit	Soft-Fitness	Complete Body Workout	BBRP	BBRP	ZUMBA® fitness	14:30	
15:00	Susi W. 14:30	Anja S. 14:30	Jochen T. 14:30	Dana M. 14:30	Jenny A. 14:30	Angela D./ Fabienne D. 14:30	N.N. Melanie P. 14:30	15:00	
15:30	Pause	Pause	Pause	Pause	Pause	Pause	Pause	15:30	
16:00	deepWORK™	Complete Body Workout	Abenteuer Bewegung bis 12 Jahre	Abenteuer Bewegung 2-6 Jahre	Complete Body Workout	Tango Argentino für Einzeltänzer	Standard-Latein 2 für Paare	16:00	
16:30	Mahdie G. 16:00	Birgit P. 16:00	Andrea B.-S. 16:00	Dana W./ Phil G. 16:00	Cindy W./ Nicole St. 16:00	Kaija K./ Thomas K. 16:00	Miroslav K./ Sabine L. 16:00	16:30	
17:00	Pause	Pause	Pause	Pause	Pause	Pause	Pause	17:00	
17:30	BBRP	Pilates	Fit Fight Basic/ Technik	BBRP	Bodyfit		BBRP	17:30	
18:00	Nuriye D. 17:30	Frank W. 17:30	Andrea R. 17:30	Sylvia B. 17:30	Gundi D. 17:30		Angela D./ Henriette T. 17:30	18:00	
18:30	Pause	Pause	Pause	Pause	Pause	Pause	Pause	18:30	
19:00	Complete Body Workout	Step Fatburner	BBRP	Tanztechnik Latein für Einzeltänzer	Boogie Woogie für Einzeltänzer	Gym 1		19:00	
19:30	Betina H. 19:00	Yannick F. 19:00	Leonie S. 19:00	Mike W. 19:00	Claudia K./ Torsten K. 19:00			19:30	
20:00	Pause	Pause	Pause	Pause	Pause		Pause	20:00	
20:30	Pilates								20:30
21:00	Betina H. 20:30								21:00
21:30	Pause							21:30	

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
10:00								10:00	
10:30								10:30	
11:00	Bodyfit	Step Fatburner	Rücken Balance	Fatburner	HIIT	Rücken Power	Pilates	11:00	
11:30	Martina K. 11:00	N.N. 11:00	Maude A. 11:00	Jasmin Z. 11:00	Chris A. 11:00	Frauke R./ Brigitte J. 11:00	N.N./ Inken P. 11:00	11:30	
12:00	Pause	Pause	Pause	Pause	Pause	Pause	Pause	12:00	
12:30	Pilates	Rücken Power	BBRP	Rücken Power	Complete Body Workout	Fatburner	Rücken Power	12:30	
13:00	Zoya M. 12:30	N.N. 12:30	Maike N. 12:30	Frauke R. 12:30	N.N. 12:30	Stefanie St./ Jochen T. 12:30	Sonja L. Andrea M. 12:30	13:00	
13:30	Pause	Pause	Pause	Pause	Pause	Pause	Pause	13:30	
14:00		NIA		BBRP			Bodyfit	14:00	
14:30		Petra T. 14:00		Claudia P. 14:00			Andreas M./ Andrea R. 14:00	14:30	
15:00	Pause	Pause	Pause	Pause	Pause	Pause	Pause	15:00	
15:30	ZUMBA® fitness	BBRP	BBRP	Rücken Power	Rücken Power	Bodyfit		15:30	
16:00	Susi W. 15:30	Anja S. 15:30	Jochen T. 15:30	Dana M. 15:30	Jenny A. 15:30	Angela D./ Fabienne D. 15:30		16:00	
16:30	Pause	Pause	Pause	Pause	Pause	Pause	Pause	16:30	
17:00	FASZIO	Fatburner	Abenteuer Bewegung bis 12 Jahre	Abenteuer Bewegung 4-8 Jahre	Step Fatburner	Tango Argentino für Paare	Standard-Latein 3+4 für Paare	17:00	
17:30	Mahdie G. 17:00	Birigit P. 17:00	Andrea B.-S. 17:00	Dana W./ Phil G. 17:00	Cindy W./ Nicole St. 17:00	Kaija K./ Thomas K. 17:00	Jian H./ Jürgen S. 17:00	17:30	
18:00	Pause	Pause	Pause	Pause	Pause	Pause	Pause	18:00	
18:30	Fit Fight Basic/ Technik	Tough Class	Step Fatburner	Complete Body Workout	BBRP		Step Fatburner	18:30	
19:00	Nuriye D. 18:30	Frank W. 18:30	Svenja O. 18:30	Sylvia B. 18:30	Gundi D. 18:30		Angela D./ Henriette T. 18:30	19:00	
19:30	Pause	Pause	Pause	Pause	Pause	Pause	Pause	19:30	
20:00	ZUMBA® fitness	BBRP	Complete Body Workout	Tanztechnik Standard für Einzeltänzer	NIA	Gym 2		20:00	
20:30	Ana Luisa R. 20:00	Yannick F. 20:00	Sabine L. 20:00	Mike W. 20:00	Janina S./ Petra T. 20:00				20:30
21:00	Pause	Pause	Pause	Pause	Pause			Pause	21:00
21:30								21:30	

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:00								10:00
10:30	ZUMBA® fitness	Power-Yoga	ZUMBA® fitness		Hatha-Yoga	Power-Yoga	deepWORK™	10:30
11:00	Christian P. 10:30	Esther N. 10:30	Irma B. 10:30		Leslie H. 10:30	Wiebke P./ Nicole W. 10:30	Laura v. d. C. 10:30	11:00
11:30	Pause	Pause	Pause	Pause	Pause	Pause	Pause	11:30
12:00	Hatha-Yoga	ZUMBA® fitness			Qi Gong	ZUMBA® fitness	ZUMBA® fitness	12:00
12:30	Babak D. 12:00	Verena E. 12:00			Liz G. 12:00	Olya Sch./ Fabian Sch. 12:00	Rachid L. 12:00	12:30
13:00	Pause	Pause	Pause	Pause	Pause	Pause	Pause	13:00
13:30	Vinyasa Flow Yoga	Hatha-Yoga	Pilates		ZUMBA® fitness	NIA	Hatha-Yoga	13:30
14:00	Esther N. 13:30	Sigrid L. 13:30	Saskia B. 13:30		Jaqueline M. 13:30	Janina S./ Petra T. 13:30	N.N. 13:30	14:00
14:30	Pause	Pause	Pause	Pause	Pause	Pause	Pause	14:30
15:00	Yin-Yoga		Yin-Yoga		Vinyasa Flow Yoga	SALSATION®	Modern Style Tai Chi	15:00
15:30	Michael K. 15:00		Domenica P. 15:00		N.N. 15:00	Dany C. 15:00	Alexander K. 15:00	15:30
16:00	Pause	Pause	Pause	Pause	Pause	Pause	Pause	16:00
16:30	Pilates	Rücken Power	Pilates	ZUMBA® fitness	ZUMBA® fitness	Abenteuer Bewegung 3-8 Jahre	Salsa-Dance	16:30
17:00	Elena D. 16:30	Mari O. 16:30	Tatjana W. 16:30	Christian P. 16:30	Silvia S. 16:30	Antonela Z./ Natalia W. 16:30	Noa E. 16:30	17:00
17:30	Pause	Pause	Pause	Pause	Pause	Pause	Pause	17:30
18:00	Power-Yoga	Ballett Workout	ZUMBA® fitness	Standard-Latein 3 für Paare	Complete Body Workout	Discofox 2 für Paare	Capoeira	18:00
18:30	Andrea L. 18:00	Brigitte L. 18:00	Ulrike H. 18:00	Keti N./ Uwe H. 18:00	Farina H. 18:00	Hanna L. 18:00	Jason L. 18:00	18:30
19:00	Pause	Pause	Pause	Pause	Pause	Pause	Pause	19:00
19:30	Samba/ Samba-Reggae	Hatha-Yoga	deepWORK™	Salsa 2 für Paare	Tough Class	Gym 3		19:30
20:00	Joaquim R. 19:30	Hela H. 19:30	Nina N. 19:30	Keti N./ Gopal V. 19:30	Olaf B. 19:30			20:00
20:30	Pause	Pause	Pause	Pause	Pause		Pause	20:30
21:00								
21:30								21:30