

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
10:00	deepWORK™	Complete Body Workout	Step Fatburner	Reha-Sport	Cardiorobic	Fitness	deepWORK™	10:00	
10:50	Andrea U. 10:00	Agostinho G. 10:00	Marianne St. 10:00	Mathilde P. S. 10:00	Maike N. 10:00	Steffi G. / Annika B. 10:00	Larissa B. 10:00	10:50	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
11:30		Fit Fight Basic/Technik	Mama Fitness	Yogalates	BBRP		Hatha-Yoga	11:30	
12:20		Handan A. 11:30	Leslie H. 11:30	Marisa C. 11:30	Sabine Sa. 11:30		Frederike Sch. / Hela H. 11:30-12:50	12:20	
	Pause	Pause	Pause	Pause	Pause		Pause		
13:00		Complete Body Workout	Rücken Power	Physio Fitness	Yogalates	Hatha Yoga		13:00	
13:50		Marianne St. 13:00	Sabine G. 13:00	Anja S. 13:00	Olaf G. 13:00	Anne St./ Anja R. 13:00		13:50	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
14:30	Babys in Bewegung 8 - 18 Monate				Kindertanz/Rhythmik 3-5 Jahre			14:30	
15:20	Anna Julia Sch. 14:30				Lira M. 14:30			15:20	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
16:00	BBRP	BBRP	BBRP	BBRP	Tanztechnik Standard/Latein (Einzeltänzer)	ZUMBA® Fitness	BBRP	16:00	
16:50	Claudia M.-F. 16:00	Sabine Schu. 16:00	Steffi G. 16:00	John-Olaf A. 16:00	Mike W. 16:00	Nico F. 16:00	Frederik J. / Liana H. 16:00	16:50	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
17:30	Step Advanced	Bodyfit	Bodyfit	Pilates	Bodyfit	Complete Body Workout	Salsation®	17:30	
18:20	Sabine Sch. 17:30	Andrea R. 17:30	Norman G. 17:30	Maike M. 17:30	Larissa B. 17:30	Olga E. 17:30	Linda S. 17:30	18:20	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
19:00	Bodyfit	Fitness	deepWORK™	BBRP	BBRP	Gym 1		19:00	
19:50	Norman G. 19:00	Sonja L. 19:00	Christine A. 19:00	Brigitte J. 19:00	Cathrin G. 19:00			19:50	
	Pause	Pause	Pause	Pause	Pause		Pause		
20:30		BBRP	BBRP	Bodyfit					20:30
21:20		Anika K. 20:30	Tekla J. 20:30	Dursun C. 20:30					21:20
	Pause	Pause	Pause	Pause	Pause		Pause		

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
10:15	Pysio Fitness		Pilates	BBRP	Rücken Power	Cardiorobic		10:15
11:05	Erma W. 10:15		Regina B. 10:15	Martina K. 10:15	Dana M. 10:15	Zehra K. 10:15		11:05
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
11:45		Best Age Fitness			ZUMBA® Fitness	Bodyfit	BBRP	11:45
12:35		Eva B. 11:45			Amilcar R. 11:45	Sabine Sch. 11:45	Claudia M.-F./ Jennifer Sch. 11:45	12:35
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
13:15			Kundalini-Yoga +Bauch			Complete Body Workout	Pilates	13:15
14:05			Beate B. 13:15			Andreas M. 13:15	Frauke R. 13:15	14:05
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
14:45		Pilates	Soft-Fitness	Abenteuer Bewegung Babys 8 - 18 Monate	Tough class	BBRP	Dance ´N Strip	14:45
15:35		Tatjana W. 14:45	Claudia Sch. 14:45	Anna Julia S. 14:45	Sabine Schu. 14:45	Beate B. / Anika K. 14:45	Diana M. 14:45	15:35
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
16:15	Soft-Fitness	Pilates		Bauchtanz	Qi Gong	Vinyasa Flow-Yoga	Standard-Latein +Discofox für Paare	16:15
17:05	Dürüye D.-S. 16:15	Mareike W. 16:15		Asa F. 16:15	Thu-Cuc 16:15	Kirsten C. Petra M. 16:15	Wilhelm S. 16:15	17:05
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
17:45	NIA	Rücken Power	Hatha Yoga	NIA	FASZIO	<h1>Gym 2</h1>	Pilates	17:45
18:35	Christiane G. 17:45	Jessika O. 17:45	Kerstin R. 17:45	Heike S. 17:45	Juliane K. 17:45		Ofelia R. 17:45	18:35
	Pause	Pause	Pause	Pause	Pause		Pause	
19:15	Flow-Yoga	Salsation®		Vinyasa Flow-Yoga	Salsation®			19:15
20:05	Maren K. 19:15	Francesca I. 19:15		Asa F. 19:15	Palmina R. 19:15			20:05
	Pause	Pause	Pause	Pause	Pause		Pause	
20:45								20:45
21:35								21:35

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
11:15	Best Age Fitness		Power Yoga	Fatburner	FASZIO	Complete Body Workout		11:15	
12:05	Erma W. 11:15		Regina B. 11:15	Martina K. 11:15	Dana M. 11:15	Zehra K. 11:15		12:05	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
12:45		Rücken Power		ZUMBA® Gold		Step Advanced	Cardiorobic	12:45	
13:35		Eva B. 12:45		Nicole A. 12:45		Sabine Sch. 12:45	Claudia M.-F. / Jennifer S. 12:45	13:35	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
14:15			Yin Yoga			Fit Fight Basic/Technik	Avi Mea	14:15	
15:05			Beate B. 14:15			Andreas M. 14:15	Frauke R. 14:15	15:05	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
15:45	Reha-Sport	Kindertanz/Ballett 5 - 9 Jahre	Rücken Balance	Abenteuer Bewegung 1,5 - 2,5 Jahre	Complete Body Workout	Tough class	Hip Hop	15:45	
16:35	Kathrin K. 15:30	Tatjana W. 15:45	Claudia Sch. 15:45	Anna Julia S. 15:45	Sabine Schu. 15:45	Beate B. / Anika K. 15:45	Diana M. 15:45	16:35	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
17:15	Complete Body Workout	deepWORK™	Best Age Fitness	Fatburner	Deep Relax	Yin Yoga	Tough class	17:15	
18:05	Dürüye D.-S. 17:15	Mareike W. 17:15	Arne G. 17:15	Maja D. 17:15	Thu-Cuc 17:15	Kirsten C. / Petra M. 17:15	Frederik J. / Liana H. 17:15	18:05	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
18:45	BBRP	Complete Body Workout	Rücken Power	Complete Body Workout	Rücken Balance	<h1>Gym 3</h1>	Ballett für Erwachsene	18:45	
19:35	Sabrina K. 18:45	Jessika O. 18:45	Arne G. 18:45	Christine A. / Sarah H. 18:45	Juliane K. 18:45		Ofelia R. 18:45	19:35	
	Pause	Pause	Pause	Pause	Pause		Pause		
20:15	Pilates	Kundalini-Yoga	Complete Body Workout	Yin-Yoga	Yin Yoga				20:15
21:05	Maren K. 20:15	Anke Grusdas 20:15	Yannick F. 20:15	Asa F. 20:15	Holger P. 20:15				21:05
	Pause	Pause	Pause	Pause	Pause		Pause		

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
11:00	Complete Body Workout	Pilates	BBRP	Reha-Sport	Complete Body Workout	BBRP	Dance 'N Fitness Advanced	11:00
11:50	Andrea U. 11:00	Agostinho G. 11:00	Marianne St. 11:00	Mathilde P. S. 11:00	Maike N. 11:00	Steffi G. / Annika B. 11:00	Larissa B. 11:00	11:50
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
12:30		BBRP	Hatha Yoga	Rücken Power	Best Age Fitness	Ausbildungen intern	Ausbildungen intern	12:30
13:20		Handan A. 12:30	Leslie H. 12:30	Marisa C. 12:30	Sabine Sa. 12:30	intern 13:00	intern 13:00	13:20
		Pause	Pause	Pause	Pause	Pause	Pause	
14:00	Pause	BBRP	Tanz & Bewegung	BBRP	Power Yoga	Ausbildungen Intern	Ausbildungen intern	14:00
14:30	Reha-Sport	Marianne St. 14:00	Sabine G. 14:00	Anja S. 14:00	Olaf G. 14:00			14:50
	Kathrin K. 14:30	Pause	Pause	Pause	Pause	Pause	Pause	
15:30	Pause				Kindertanz/Rhythmik 5 -7 Jahre	Ausbildungen Intern	Ausbildungen intern	15:30
16:20					Lira M. 15:30			16:20
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
17:00	Fit Fight Basic/Technik	Tough Class	Complete Body Workout	Tough class	Tanztechnik Standard/Latein (Paare)	Ausbildungen intern	Ausbildungen intern	17:00
17:50	Claudia M.-F. 17:00	Sabine Schu. 17:00	Steffi G. 17:00	John-Olaf A. 17:00	Mike W. 17:00			17:50
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
18:30	Tough Class	Fatburner	Cardiorobic	Soft-Fitness	deepWORK™	Ausbildungen intern	Ausbildungen intern	18:30
19:20	Sabine Sch. 18:30	Andrea R. 18:30	Norman G. 18:30	Maike M. 18:30	Larissa B. 18:30			19:20
	Pause	Pause	Pause	Pause	Pause	<h1>Gym 4</h1>		
20:00	ZUMBA® Fitness	ZUMBA® Fitness	Tough class	Rücken Power	Tough class			20:00
20:50	Holger D. 20:00	Susanne W. 20:00	Christine A. 20:00	Brigitte J. 20:00	Cathrin G. 20:00			20:50
	Pause	Pause	Pause	Pause	Pause			