

ZEIT	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
05:00							
06:00							
07:00			06:15 - 07:00 Jump				
08:00							
09:00	09:00 - 10:00 IC m-i m-i			08:30 - 09:30 Pump	08:30 - 09:30 IC m-i	09:00 - 10:00 Pilates	09:00 - 10:00 IC m-i m-i
10:00				09:45 - 10:45 Pilates			
11:00						10:15 - 11:15 Jump	10:15 - 11:15 Pilates
12:00							
13:00							
14:00							



LEGENDE:

- **Funct** = Functional / Zirkel
- **IC** = Indoor Cycling
- **Pump** = Pump
- **Faszien/Mobility** = Faszien/Mobility
- **Pilates** = Pilates
- **Jump** = Jump
- **Rücken** = Rücken
- **IC m-i** = IC m-i
- **Jump mittel** = Jump mittel

i = intensiv m = mittel l = leicht