

| ZEIT  | Montag                             | Dienstag | Mittwoch                     | Donnerstag                      | Freitag                        | Samstag                         | Sonntag                            |
|-------|------------------------------------|----------|------------------------------|---------------------------------|--------------------------------|---------------------------------|------------------------------------|
| 05:00 |                                    |          |                              |                                 |                                |                                 |                                    |
| 06:00 |                                    |          |                              |                                 |                                |                                 |                                    |
| 07:00 |                                    |          | 06:15 - 07:00<br><b>Jump</b> |                                 |                                |                                 |                                    |
| 08:00 |                                    |          |                              |                                 |                                |                                 |                                    |
| 09:00 | 09:00 - 10:00<br><b>IC m-i</b> m-i |          |                              |                                 | 08:30 - 09:30<br><b>IC m-i</b> | 09:00 - 10:00<br><b>Pilates</b> | 09:00 - 10:00<br><b>IC m-i</b> m-i |
| 10:00 |                                    |          |                              | 09:45 - 10:45<br><b>Pilates</b> |                                |                                 |                                    |
| 11:00 |                                    |          |                              |                                 |                                | 10:15 - 11:15<br><b>Jump</b>    | 10:15 - 11:15<br><b>Pilates</b>    |
| 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