


















	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		10:00 - 10:55  Milon Betreuung			10:00 - 10:55  Flexx Betreuung	10:00 - 10:30  BBP CYBER-KURS	10:00 - 10:30  Dance Short CYBER-KURS
	11:00 - 11:30  Rücken Fit CYBER-KURS	11:00 - 11:30  Dance CYBER-KURS	11:00 - 11:30  Rücken Fit CYBER-KURS	11:00 - 11:30  Dance CYBER-KURS	11:00 - 11:30  Rücken Fit CYBER-KURS		
	16:00 - 16:30  Combat CYBER-KURS	16:00 - 16:30  Core Work CYBER-KURS	16:00 - 16:30  BBP CYBER-KURS	16:00 - 16:30  Body Workout CYBER-KURS	16:00 - 16:30  Fat Attack CYBER-KURS	15:00 - 15:30  Core Work CYBER-KURS	15:00 - 15:30  Fat Attack CYBER-KURS
	18:00 - 18:55  Powerzirkel	18:00 - 18:55  Rückenfit	18:00 - 18:55  Powerzirkel	18:00 - 18:55  BBP	18:00 - 18:55  Iron System		
	19:00 - 19:55  Zumba	19:00 - 19:15  Bauch Intensiv	19:00 - 19:55  Indoor Cycling	19:00 - 19:55  WSG	19:00 - 19:15  Bauch Intensiv		

LEGENDE

 GESUNDHEIT	 ENTSPANNUNG	 REHABILITATION
 POWER	 HERZ-KREISLAUF	 CYBER KURSE
 TRAININGSFLÄCHE	 KURSRAUM	