

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

## LEGENDE

- GESUNDHEIT
- ENTSPANNUNG
- REHABILITATION
- POWER
- HERZ-KREISLAUF
- CYBER KURSE

- TRAININGSFLÄCHE
- KURSRAUM