

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
8.15 - 8.45 CardioForm Martina**	8.30 - 9.00 FiT-Zirkel Martina**	8.30 - 9.00 CardioForm Yvette**	8.15 - 8.45 Bauch+Rücken Martina*	8.30 - 9.30 Yoga Yvette*	
8.45 - 9.15 KörperForm Martina*	9.00 - 9.30 CardioForm Martina**	9.00 - 9.30 Funktionelles Training Yvette**	8.45 - 9.15 Smovey® Martina**	9.30 - 10.00 KörperForm Yvette*	
9.15 - 10.15 WirbelFit Martina*	9.30 - 10.00 Pilates Martina*	9.30 - 10.30 Qi Gong Yvette*	9.15 - 10.15 WirbelFit Martina*	10.00 - 11.00 WirbelFit Yvette*	
	10.00 - 10.30 Vital Martina*				
	10.30 - 11.45 MamiSports mit Baby Martina*				
17.00 - 17.30 Pilates Martina*	17.30 - 18.55 Yoga Yvette*	17.00 - 18.00 WirbelFit Martina*	17.15 - 17.45 Pilates Martina*	17.00 - 17.30 CardioForm (Step) Simone**	17.00 - 17.30 Tabata Martina***
17.30 - 18.00 CardioForm Martina**	19.00 - 20.00 WirbelFit Yvette*	18.00 - 18.30 CardioForm (Step) Simone**	17.45 - 18.15 Vital Martina*	17.30 - 18.00 Bauch+Rücken Simone*	17.30 - 18.00 Functional Flow Martina**
18.00 - 18.30 PistenFit Franzi**	20.00 - 20.30 CardioForm Yvette**	18.30 - 19.00 KörperForm Simone*	18.15 - 19.15 FiT-Zirkel Martina**	18.00 - 18.30 Step Simone***	18.00 - 19.00 WirbelFit Martina*
18.30 - 19.00 KörperForm Franzi*	20.30 - 21.00 Pilates Yvette*	19.00 - 19.30 Smovey® Simone**	19.15 - 20.15 WirbelFit Martina*	18.30 - 19.00 KörperForm Martina*	
19.00 - 19.30 CardioForm (Step) Franzi**		19.30 - 20.30 bodyART® *		19.00 - 19.30 Smovey® Martina**	
19.30 - 20.00 Bauch+Rücken Franzi*					
20.00 - 21.00 FiT-Zirkel Martina**					