

| Montag                                                 | Dienstag                                 | Mittwoch                                               | Donnerstag                                               | Freitag                                               | Samstag | Sonntag                                  |
|--------------------------------------------------------|------------------------------------------|--------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|---------|------------------------------------------|
| 9:30-10:15 Uhr<br><b>Indoor Cycling</b>                |                                          |                                                        |                                                          | 9:15-10:30 Uhr<br><b>Hatha Yoga</b><br>meets Yin-Yoga |         | 10:00-11:00 Uhr<br><b>Aerobic Dance</b>  |
| 10:30-11:30 Uhr<br><b>Rücken- &amp; Fazientraining</b> |                                          |                                                        |                                                          |                                                       |         | 10:00-11:00 Uhr<br><b>Indoor Cycling</b> |
|                                                        | 17:00-18:00 Uhr<br><b>Pilates</b>        |                                                        | 16:30-17:45 Uhr<br><b>Rücken Yoga</b>                    |                                                       |         |                                          |
| 18:00-19:00 Uhr<br><b>Power Workout</b>                | 18:00-19:00 Uhr<br><b>Zumba</b>          | 18:00-19:00 Uhr<br><b>Bauch Beine Po</b>               | 17:45-18:15 Uhr<br><b>Aufrechte &amp; Starke Haltung</b> |                                                       |         |                                          |
| 19:00-19:30 Uhr<br><b>Stretch &amp; Relax</b>          | 18:30-19:30 Uhr<br><b>Indoor Cycling</b> | 19:00-20:00 Uhr<br><b>Top Fit Cross</b><br>Advanced    | 18:15-19:00 Uhr<br><b>TaeRoha</b><br>Taebo meets Aroha   |                                                       |         |                                          |
| 19:00-20:00 Uhr<br><b>Top Fit Cross</b><br>Beginner    | 19:00-20:00 Uhr<br><b>Brasilian Body</b> | 19:00-20:00 Uhr<br><b>Rücken- &amp; Fazientraining</b> | 18:30-19:30 Uhr<br><b>Indoor Cycling</b>                 |                                                       |         |                                          |
|                                                        | 20:00-21:30 Uhr<br><b>Yoga</b>           |                                                        |                                                          |                                                       |         |                                          |

**Legende**

 LIFESTYLE,  
Kursraum 1, OG

 LIFESTYLE,  
Indoor Cycling Raum, OG

 Powerhall  
Trainingsfläche