

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 Pilates Flow 60 MIN Shora	09:00 Fit over 50 45 MIN Halka	09:00 Rücken Flow 45 MIN Yvette				
10:00 Flow Yoga 60 MIN Shora	09:30 Booty X 30 MIN Team <b>2</b>	10:00 Be Women 60 MIN Yvette	09:00 Pilates 60 MIN Ekaterina	10:00 Rücken Flow 45 MIN Anne-Marie	09:30 BandiXX 60 MIN Daria	10:00 Flow 30 MIN Gülcan
10:30 Tabata 30 MIN Team <b>2</b>	10:00 Faszien / Stretch 45 MIN Halka	11:00 Sixpack X 30 MIN Team <b>2</b>	10:00 Cycling 45 MIN Ekaterina <b>C</b>	10:00 Booty X 30 MIN Team <b>2</b>	10:30 Power Athletic 45 MIN Daria	10:30 Power Circle 60 MIN Gülcan
11:10 Rückenbildung 60 MIN Anni	11:00 Power Shape 45 MIN Yvette	11:30 Yoga 75 MIN Assima	11:00 bodyART Dynamic 60 MIN Ekaterina <b>2</b>	11:00 Yogilates 60 MIN Anne-Marie	11:30 Mobility Flow 30 MIN Daria	11:30 Power Shape 60 MIN Gülcan
12:15 Baila Mama 45 MIN Anni	11:00 Aqua 45 MIN Halka <b>P</b>			11:00 Sixpack X 30 MIN Team <b>2</b>	12:00 Feldenkrais 60 MIN Beate	12:45 Yoga 60 MIN Assima
				11:15 Aqua 45 MIN Alexandra <b>P</b>		
				12:05 Aqua 45 MIN Alexandra <b>P</b>		

				15:45 Yan to Yin Yoga 75 MIN Monika	14:00 Pilates 45 MIN Anne-Marie	14:00 Bollywood 60 MIN Jessica
16:30 Shape Back 75 MIN Yvette	16:00 Pump Move 60 MIN Yulia	17:00 Power Yoga 60 MIN Assima <b>2</b>	17:00 Cardio Box 60 MIN Yulia	16:15 Sixpack Girl 45 MIN Fatme <b>2</b>	15:00 BUTI Yoga® 60 MIN Anne-Marie	15:00 Pilates 50 MIN Laura
16:15 Sixpack Girl 45 MIN Fatme <b>2</b>	17:00 deep X 30 MIN Yulia	17:30 Feldenkrais 60 MIN Beate	17:00 Sixpack X 25 MIN Team <b>2</b>	17:00 Yin Yoga 60 MIN Monika	15:00 Hip Hop 4 Kids 60 MIN Kiana <b>2</b>	16:00 Bellydance 60 MIN Laura
17:00 Power Circle 60 MIN Fatme <b>2</b>	17:00 Qi Gong 75 MIN Ilou <b>2</b>	18:15 Power Circle 45 MIN Pia <b>2</b>	17:30 Hatha Yoga 60 MIN Kathlen <b>2</b>	17:00 Pump Move 60 MIN Fatme <b>2</b>	16:00 Inner Glow 60 MIN Anne-Marie	16:00 Qi Gong 60 MIN Ilou <b>2</b>
18:00 Flow Yoga 75 MIN Tanja	17:30 Ballet Work 60 MIN Shora	18:30 Rücken Flow 60 MIN Lili	18:00 Pump Move 60 MIN Yulia	18:00 Zumba® 60 MIN Maruska		17:00 Cardio Box 45 MIN Fatme
18:00 Pump Move 60 MIN Fatme <b>2</b>	18:30 Pilates Flow 60 MIN Shora	18:30 Aqua 45 MIN Alexandra <b>P</b>	18:45 Zumba® 60 MIN Emine <b>2</b>	18:00 Fatburn Circle 60 MIN Fatme <b>2</b>		18:00 Flow Yoga 90 MIN Gloria
18:00 Aqua 45 MIN Nurije <b>P</b>	18:30 Dance Moves 60 MIN Ana Karina <b>2</b>	19:30 Flow Yoga 60 MIN Gloria	19:00 Bauch Beine Po 60 MIN Yulia	19:00 Ballett Work 60 MIN Shora		18:00 Pump X 45 MIN Fatme <b>2</b>
19:00 Cycling 45 MIN Nurije <b>C</b>	19:30 Slow Yoga 90 MIN Shora	19:30 Aerobic Moves 45 MIN Lili <b>2</b>	20:00 Stretch & Relax 30 MIN Team			
19:15 Pilates 45 MIN Tanja	19:30 Stretch & Relax 30 MIN Ana Karina <b>2</b>	19:30 Aqua 45 MIN Alexandra <b>P</b>				
19:30 Latin Moves 60 MIN Jojo <b>2</b>		20:30 Meditation 30 MIN Gloria				

*Just Me*

□ - Kursraum 1 | **2** - Kursraum 2 | **C** - Cyclingraum | **P** - Pool