

| MONTAG                                                  | DIENSTAG                                                    | MITTWOCH                                                         | DONNERSTAG                                             | FREITAG                                              | SAMSTAG                                                 | SONNTAG                                                      |
|---------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------|
| 08:30 – 09:25 Uhr<br>LES MILLS® BODYPUMP<br>Studio 2    | 08:15 – 09:15 Uhr<br>CYCLING<br>C-Raum                      | 08:00 – 09:00 Uhr<br>Walking<br>Outdoor                          | 08:30 – 09:15 Uhr<br>SYNRGY<br>Fläche                  | 07:00 – 08:00 Uhr<br>CYCLING<br>C-Raum               | 08:50 – 09:50 Uhr<br>LES MILLS® BODYPUMP<br>Studio 2    | 10:00 – 11:00 Uhr<br>SPECIAL<br>Siehe Aushang                |
| 09:00 – 09:45 Uhr<br>BAUCH, BEINE, PO<br>Studio 1       | 08:30 – 08:55 Uhr<br>STEP 1<br>Studio 2                     | 08:15 – 09:00 Uhr<br>JUMPING<br>Studio 2                         | 08:30 – 09:25 Uhr<br>PILATES<br>Studio 1               | 08:15 – 09:15 Uhr<br>STEP FATBURNER<br>Studio 2      | 10:00 – 11:00 Uhr<br>LES MILLS® BODYBALANCE<br>Studio 1 | 10:15 – 10:30 Uhr<br>CYCLING EINWEISUNG EINSTEIGER<br>C-Raum |
| 09:30 – 10:15 Uhr<br>LES MILLS® SHAPES<br>Studio 2      | 08:30 – 08:55 Uhr<br>TABATA<br>Studio 1                     | 08:30 – 09:25 Uhr<br>PILATES<br>Studio 1                         | 09:30 – 10:25 Uhr<br>WIRBELSÄULE<br>Studio 1           | 08:45 – 09:55 Uhr<br>YOGA<br>Studio 1                | 10:30 – 11:30 Uhr<br>SYNRGY<br>Fläche                   | 10:30 – 11:30 Uhr<br>CYCLING<br>C-Raum                       |
| 09:50 – 10:30 Uhr<br>STRETCH & RELAX<br>Studio 1        | 09:00 – 09:25 Uhr<br>BEST AGE<br>Studio 1                   | 09:30 – 10:15 Uhr<br>LES MILLS® DANCE<br>Studio 2                | 10:30 – 11:00 Uhr<br>STRETCH & RELAX<br>Studio 1       | NEU 09:30 – 10:15 Uhr<br>AQUA<br>Pool                | 11:05 – 12:00 Uhr<br>JUMPING<br>Studio 2                | 10:00 – 10:45 Uhr<br>AQUA<br>Pool                            |
| 10:00 – 11:00 Uhr<br>CYCLING<br>C-Raum                  | 09:00 – 09:55 Uhr<br>LANGHANTELTRAINING<br>Studio 2         | 09:30 – 10:30 Uhr<br>POWER WIRBELSÄULE<br>Studio 1               | 10:45 – 11:30 Uhr<br>AQUA<br>Pool                      | 09:30 – 10:30 Uhr<br>LES MILLS® BODYPUMP<br>Studio 2 | 11:05 – 11:50 Uhr<br>LES MILLS® PILATES<br>Studio 1     | 11:00 – 11:45 Uhr<br>AQUA<br>Pool                            |
| 10:45 – 11:30 Uhr<br>AQUA<br>Pool                       | 09:30 – 11:00 Uhr<br>YOGA<br>Studio 1                       | 10:35 – 11:20 Uhr<br>FASZIENTRAINING<br>Studio 1                 | 11:00 – 12:00 Uhr<br>ZUMBA®<br>Studio 2                | 10:00 – 11:00 Uhr<br>GESUNDHEITSKURS<br>Studio 1     |                                                         | 11:00 – 12:00 Uhr<br>SYNRGY<br>Fläche                        |
| 10:40 – 12:10 Uhr<br>YOGA<br>Studio 1                   | 10:00 – 11:30 Uhr<br>ZUMBA® GOLD<br>Studio 2                | 10:45 – 11:30 Uhr<br>AQUA<br>Pool                                | 11:05 – 12:20 Uhr<br>YOGA<br>Studio 1                  | 10:40 – 11:25 Uhr<br>AQUA<br>Pool                    |                                                         | 11:30 – 12:30 Uhr<br>LES MILLS® BODYPUMP<br>Studio 2         |
|                                                         | 11:05 – 12:05 Uhr<br>LES MILLS® BODYBALANCE<br>Studio 1     |                                                                  |                                                        |                                                      |                                                         | 11:35 – 12:20 Uhr<br>LES MILLS® SHAPES<br>Studio 1           |
|                                                         |                                                             |                                                                  |                                                        |                                                      |                                                         |                                                              |
| 17:00 – 17:45 Uhr<br>JUMPING<br>Studio 2                | 15:50 – 16:50 Uhr<br>LES MILLS® BODYPUMP<br>Studio 2        | 17:00 – 17:45 Uhr<br>LES MILLS® SHAPES<br>Studio 1               | NEU 16:50 – 17:50 Uhr<br>MINDFUL CYCLING<br>C-Raum     | 16:30 – 18:00 Uhr<br>YOGA INTENSE<br>Studio 1        |                                                         | 12:30 – 13:30 Uhr<br>LES MILLS® BODYBALANCE<br>Studio 1      |
| 17:15 – 18:10 Uhr<br>LES MILLS® BODYBALANCE<br>Studio 1 | NEU 16:00 – 17:45 Uhr<br>WIRBELSÄULE<br>Studio 1            | 17:15 – 18:00 Uhr<br>JUMPING<br>Studio 2                         | 17:00 – 17:45 Uhr<br>LES MILLS® SHAPES<br>Studio 2     | 17:00 – 18:00 Uhr<br>IRON FIT<br>Studio 2            |                                                         | 12:45 – 13:15 Uhr<br>LES MILLS® CORE<br>Studio 2             |
| 18:00 – 18:50 Uhr<br>LES MILLS® DANCE<br>Studio 2       | NEU 17:00 – 17:45 Uhr<br>AQUA<br>Pool                       | 17:15 – 18:00 Uhr<br>AQUA TABATA<br>Pool                         | 18:00 – 18:30 Uhr<br>LES MILLS® GRIT<br>Studio 2       | 18:00 – 18:45 Uhr<br>HYBRID WORKOUT<br>Fläche        |                                                         | 13:30 – 14:30 Uhr<br>LES MILLS® BODYCOMBAT<br>Studio 2       |
| 19:00 – 20:00 Uhr<br>CYCLING<br>C-Raum                  | 17:00 – 17:50 Uhr<br>STEP 1<br>Studio 1                     | 18:00 – 18:55 Uhr<br>SCHWIMMTECHNIK<br>Pool                      | 18:00 – 19:00 Uhr<br>CYCLING<br>C-Raum                 | 18:05 – 19:00 Uhr<br>CYCLING<br>C-Raum               |                                                         |                                                              |
| 18:15 – 19:45 Uhr<br>YOGA INTENSE<br>Studio 1           | 17:00 – 17:55 Uhr<br>JAMFYA®<br>Studio 2                    | 18:00 – 18:55 Uhr<br>CYCLING EINWEISUNG EINSTEIGER<br>C-Raum     | 18:30 – 20:00 Uhr<br>YOGA<br>Studio 1                  | 18:30 – 19:30 Uhr<br>JAMFYA®<br>Studio 1             |                                                         |                                                              |
| 18:30 – 19:15 Uhr<br>AQUA<br>Pool                       | NEU 17:15 – 18:15 Uhr<br>CYCLING<br>C-Raum                  | NEU 18:05 – 18:25 Uhr<br>LES MILLS® BODYPUMP TECHNIK<br>Studio 2 | 18:35 – 19:05 Uhr<br>LES MILLS® CORE<br>Studio 2       |                                                      |                                                         | Kräftigungskurse                                             |
| 19:00 – 20:00 Uhr<br>LES MILLS® BODYPUMP<br>Studio 2    | 18:00 – 18:25 Uhr<br>TABATA<br>Studio 1                     | 18:10 – 19:20 Uhr<br>PILATES<br>Studio 1                         | 19:00 – 20:00 Uhr<br>SYNRGY<br>Fläche                  |                                                      |                                                         | Cardiokurse                                                  |
|                                                         | 18:00 – 19:00 Uhr<br>LES MILLS® BODYPUMP<br>Studio 2        | 18:30 – 19:30 Uhr<br>LES MILLS® BODYPUMP<br>Studio 2             | 19:10 – 20:10 Uhr<br>LES MILLS® BODYCOMBAT<br>Studio 2 |                                                      |                                                         | Aquakurse                                                    |
|                                                         | 18:30 – 18:55 Uhr<br>BAUCH & RÜCKEN<br>Studio 1             | 19:00 – 20:00 Uhr<br>CYCLING<br>C-Raum                           | 20:05 – 20:50 Uhr<br>FASZIEN & STRETCH<br>Studio 1     |                                                      |                                                         | Entspannungskurse                                            |
|                                                         | 18:30 – 19:30 Uhr<br>CYCLING<br>C-Raum                      | NEU 19:35 – 20:20 Uhr<br>HIIT<br>Studio 2                        |                                                        |                                                      |                                                         | Special                                                      |
|                                                         | 19:00 – 19:55 Uhr<br>MOBILITY & FASZIENTRAINING<br>Studio 1 |                                                                  |                                                        |                                                      |                                                         | Neue Uhrzeit / Neuer Kurs                                    |
|                                                         | 19:10 – 19:40 Uhr<br>LES MILLS® GRIT<br>Studio 2            |                                                                  |                                                        |                                                      |                                                         |                                                              |
|                                                         | 19:50 – 20:50 Uhr<br>LES MILLS® BODYCOMBAT<br>Studio 2      |                                                                  |                                                        |                                                      |                                                         |                                                              |