


	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
07:00	07:00 - 07:45 45 Min. ZIRKELTRAINING am Tower		07:00 - 07:45 45 Min. ZIRKELTRAINING am Tower		07:00 - 07:45 45 Min. ZIRKELTRAINING am Tower				
08:00				08:00 - 09:00 60 Min. Bauch Beine Po + Rücken					
09:00	09:00 - 10:00 60 Min. ZIRKELTRAINING am Tower + Stretching	09:00 - 10:00 60 Min. Dynamic Pilates	09:00 - 10:00 60 Min. Bauch Beine Po + Rücken	09:00 - 09:30 30 Min. Stretch & Relax	09:00 - 10:00 60 Min. Dynamic Pilates				
10:00								10:00 - 10:30 30 Min. Mobility	10.30 - 12:00
11:00						10:30 - 11:30 60 Min. TRX Workout	90 Min. YOGA	11:00 - 12:00 60Min. ZIRKELTRAINING am Tower + Stretching	
12:00	12:00 - 12:30 30 Min. ZIRKELTRAINING am Tower	12:00 - 12 30 Min. ZIRKELTRAINING am Tower	12:00 - 12:30 30 Min. ZIRKELTRAINING am Tower	12:00 - 12:30 30 Min. ZIRKELTRAINING am Tower					
14:30					14:30 - 15:15 45 Min. ZIRKELTRAINING am Tower				
16:00						16:00- 19:00 Tischtennis freies Spiel im Kursraum	16:00 - 17:45 Tischtennis freies Spiel im Kursraum		
17:00									
18:00	17:30 - 18:15 45 Min. GYMMYnastic		17:30 - 18:15 45 Min. High Intensity Intervall Training	17:30 - 18:00 30 Min. Mobility	18:00 - 19:00 60 Min. GYMMYnastic		18:00 - 18:45 45 Min. BODYSHAPING		
19:00	18:30 - 19:15 45 Min. BODYSHAPING	19:00 - 20:00 60 Min. YOGA	18:30 - 19:15 45 Min. BODYSHAPING	19:00 - 19:45 45 Min. BODYSHAPING			19:00 - 19:30 30 Min. High Intensity Intervall Training		
20:00	19:30 - 20:15 45 Min. High Intensity Intervall Training	20:00 - 21:00 60 Min. YOGA	19:30 - 20:15 45 Min. TRX Workout				19:30 - 20:00 30 Min. Faszientraining + Stretching		
	20:15 - 20:45 30 Min. Faszientraining + Stretching		20:15 - 20:45 30 Min. Faszientraining + Stretching	20:00 - 21:00 60 Min. YOGA					