


	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00	07:00 - 07:45 45 Min. ZIRKELTRAINING am Tower		07:00 - 07:45 45 Min. TRX am Tower + Stretching	07:00 - 07:45 45 Min. ZIRKELTRAINING am Tower	07:00 - 07:45 45 Min. ZIRKELTRAINING am Tower		
08:00			08:00 - 09:15 75 Min. Bauch Beine Po + Rücken + Stretching				
09:00	09:00 - 10:00 60 Min. TRX am Tower + Stretching	09:00 - 10:00 60 Min. Dynamic Pilates		09:00 - 10:00 60 Min. TRX am Tower + Stretching	09:00 - 10:00 60 Min. Dynamic Pilates		
10:00							
11:00							10.30 - 12:00 90 Min. YOGA
12:00							11:00 - 12:00 60 Min. ZIRKELTRAINING am Tower + Stretching
14:30					14:30 - 15:15 45 Min. ZIRKELTRAINING am Tower		
16:00							
17:00							
18:00				18:00 - 18:45 45 Min. TRX Workout	18:00 - 19:00 60 Min. ZIRKELTRAINING am Tower + Stretching		18:00 - 18:45 45 Min. BODYSHAPING
19:00	18:30 - 19:15 45 Min. GYMMYnastic	19:00 - 20:30 90 Min. YOGA	18:30 - 19:15 45 Min. BODYSHAPING	19:00 - 19:45 45 Min. BODYSHAPING			19:00 - 20:00 60 Min. GYMMYnastic
	19:30 - 20:15 45 Min. BODYSHAPING		19:30 - 20:15 45 Min. High Intensity Intervall Training				
20:00				20:00 - 21:00 60 Min. YOGA			