


	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07:00	07:00 - 07:45 45 Min. ZIRKELTRAINING am Tower	07:00 - 07:45 45 Min. Bootcamp am Tower	07:00 - 07:45 45 Min. Core & Stability am Tower	07:00 - 07:45 45 Min. ZIRKELTRAINING am Tower	07:00 - 07:45 45 Min. Core & Stability am Tower			
08:00								
09:00		09:00 - 10:00 60 Min. Dynamic Pilates	09:00 - 10:00 60 Min. Bootcamp am Tower	09:00 - 10:00 60 Min. TRX am Tower	09:00 - 10:00 60 Min. Dynamic Pilates			
10:00								
11:00						11:00 - 11:45 45 Min. TRX am Tower	10.30 - 12:00 90 Min. YOGA	
12:00						12:00 - 12:45 45 Min. Zirkeltraining	11:00 - 12:00 60Min. ZIRKELTRAINING am Tower + Stretching	
13:00	12:30 - 13:15 45 Min. Core & Stability am Tower	12:30 - 13:15 45 Min. ZIRKELTRAINING am Tower	12:30 - 13:15 45 Min. TRX am Tower	12:30 - 13:15 45 Min. Core & Stability am Tower				
14:00								
15:00					14:30 - 15:15 45 Min. ZIRKELTRAINING am Tower			
16:00								
17:00								
18:00	17:30 - 18:15 Uhr 45 Min. TRX Workout		17:30 - 18:15 45 Min. Bauch Beine Po + Rücken	17:30 - 18:30 60 Min. BoxFit			18:00 - 19:00 60 Min. Dance-Workout	
19:00	18:30 - 19:15 45 Min. Crosstraining	19:00 - 20:30 90 Min. YOGA	18:30 - 19:15 45 Min. BODYSHAPING	19:00 - 19:45 45 Min. BODYSHAPING			19:00 - 19:45 45 Min. High Intensity Intervall Training	
20:00	19:30 - 20:15 45 Min. BODYSHAPING		19:30 - 20:15 45 Min. Bootcamp	20:00 - 21:00 60 Min. YOGA				