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MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG		
Gym1	Gym2	Gym4	Gym1	Gym2	Gym4	Gym1	Gym2	Gym4	Gym1	Gym2	Gym4
	 Cycling 8.40-9.25				 Sling Training 8.30-9.15		 Cycling 8.40-9.25				 Sling Training 8.20-9.05
 Rückenfit 9.30-10.20			 Rückenfit 9.30-10.20		Reha Sport Mit Verordnung 9.30-10.15	 BBP 9.30-10.20		 Rückenfit 9.30-10.20	 Physio Training 9.10-9.55		
 Pilates & Faszientraining 10.30-11.15		 Bodystyling 10.30-11.15	 Yoga 10.30-11.45			 Zumba 10.30-11.15		 Mobility & Stretch 10.30-11.15 Für WGS Mitglieder Yoga 15.00-16.00 Gerätetraining 16.10-16.40	 Yoga 10.05-11.20		
 Bodystyling 15.55-16.40						 Workout 16.00-16.45					 Yoga 16.00-16.55
 Bauch pur 17.00-17.25	 Cycling 16.55-17.40		 Muscle Fire 17.00-17.45		 Sling Training 16.55-17.40	 BBP 16.50-17.35	 Cycling 16.55-17.40	 Rückenfit 16.50-17.35	 Bodystyling 17.00-17.45		 Pilates & Faszien-Training 17.35-18.35
 Muscle Fire Meets Cardio 17.30-18.25	 Cycling 17.50-18.35	 Yoga 17.35-18.35	 Bodystyling 17.50-18.35	 Tabata Mix Cycling 17.50-18.35	 Yoga 17.50-18.35	 Muscle Fire 17.40-18.30	 Cycling 17.45-18.30	 bodyART@ 17.40-18.30	 Tabata 17.50-18.35	 Road Cycling 17.50-18.35	
 Strong by Zumba 18.30-19.30	 Road Cycling 18.40-19.25	 Rückenfit 18.40-19.25	 Tabata 18.40-19.25	 Cycling 18.40-19.25	 BBP 18.40-19.25	 Functional Power 18.35-19.20	 Road Cycling 18.35-19.20	 Physio Fit Rücken 18.35-19.20	 Bodytoning 18.40-19.25	 Cycling 18.40-19.25	 Rückenfit 18.40-19.25
 Zumba 19.35-20.20	 Tabata Mix Cycling 19.30-20.15	 BBP 19.30-20.15	 Zumba 19.30-20.15	 HIT Reax Cycling 19.30-20.15	 Rückenfit 19.30-20.15	 Zumba 19.25-20.15		 Yin Yoga 19.30-20.45	 Muscle Fire 19.30-20.20		 Step 19.30-20.15
 Athletic Power 20.25-21.25		 Muscle Fire 20.20-21.10	 Strong by Zumba 20.20-21.20			 Muscle Fire 20.20-21.10			 Zumba 20.25-21.15		

