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| MONTAG   |  |  | DIENSTAG   |  |  | MITTWOCH  |   |  | DONNERSTAG   |  |   |
|--|--|--|--|--|--|---|---|--|--|--|---|
| Gym1   | Gym2   | Gym4   | Gym1   | Gym2   | Gym4   | Gym1  | Gym2  | Gym4   | Gym1   | Gym2   | Gym4  |
|  | <br><b>Cycling</b><br>8.40–9.25               |  |  |  | <br><b>Sling Training</b><br>8.30–9.15             |   | <br><b>Cycling</b><br>8.40–9.25          |  |  |  |   |
| <br><b>Rückenfit</b><br>9.30–10.20                      |  |  | <br><b>Rückenfit</b><br>9.30–10.20          |  | Reha Sport<br>Mit Verordnung<br>9.30–10.15   | <br><b>BBP</b><br>9.30–10.20                     |   | <br><b>Rückenfit</b><br>9.30–10.20            | <br><b>Physio Training</b><br>9.05–9.55 |  |   |
| <br><b>Pilates &amp; Faszientraining</b><br>10.30–11.15 |  | <br><b>Bodystyling</b><br>10.30–11.15               | <br><b>Yoga</b><br>10.30–11.45              |  |  | <br><b>Mobility &amp; Stretch</b><br>10.30–11.20 |   |  | <br><b>Yoga</b><br>10.05–11.20          |  |   |
|  |  |  |  |  |  |   |   | Für WGS Mitglieder<br><b>Yoga</b><br>15.00–16.00<br><b>Gerätetraining</b><br>16.10–16.40   |  |  |   |
| <br><b>Bodystyling</b><br>15.50–16.35                   |  |  |  |  | <br><b>Fit &amp; Gesund</b><br>15.30–16.15         | <br><b>Functional Workout</b><br>16.00–16.45     |   |  | Reha Sport<br>Mit Verordnung<br>15.30–16.15  |  | <br><b>Yoga</b><br>16.00–16.55                           |
| <br><b>Rückenfit</b><br>16.40–17.25                     | <br><b>Cycling</b><br>16.55–17.40             | <br><b>Bauch pur</b><br>17.00–17.25                 | <br><b>Kapow®</b><br>17.00–17.45            |  | <br><b>Functional Sling Circuit</b><br>16.55–17.40 | <br><b>BBP</b><br>16.50–17.35                    | <br><b>Cycling</b><br>16.55–17.40        | <br><b>Rückenfit</b><br>16.50–17.35           | <br><b>Bodystyling</b><br>17.00–17.45   |  | <br><b>Pilates &amp; Faszien-Training</b><br>17.35–18.35 |
| <br><b>Yoga</b><br>17.30–18.25                         | <br><b>Cycling</b><br>17.50–18.35            | <br><b>Muscle Fire meets Cardio</b><br>17.30–18.30 | <br><b>Bodystyling</b><br>17.50–18.35      | <br><b>Tabata Mix Cycling</b><br>17.50–18.35     | <br><b>Yoga</b><br>17.50–18.35                    | <br><b>Muscle Fire</b><br>17.40–18.30           | <br><b>Cycling</b><br>17.45–18.30       | <br><b>bodyART®</b><br>17.40–18.30           | <br><b>Tabata</b><br>17.50–18.35       | <br><b>Road Cycling</b><br>17.50–18.35 |   |
| <br><b>Strong by Zumba</b><br>18.30–19.30             | <br><b>Road Cycling</b><br>18.40–19.25      | <br><b>Rückenfit</b><br>18.40–19.25               | <br><b>Rückenfit</b><br>18.40–19.25       | <br><b>Party Cycling</b><br>18.40–19.25         | <br><b>Tabata</b><br>18.40–19.25                 | <br><b>Functional Power</b><br>18.35–19.20     | <br><b>Road Cycling</b><br>18.35–19.20 | <br><b>Physio Fit Rücken</b><br>18.35–19.20 | <br><b>Bodytoning</b><br>18.40–19.25  | <br><b>Cycling</b><br>18.40–19.25     | <br><b>Rückenfit</b><br>18.40–19.25                    |
| <br><b>Zumba</b><br>19.35–20.20                       | <br><b>Fatburner Cycling</b><br>19.30–20.15 | <br><b>BBP</b><br>19.30–20.15                     | <br><b>Zumba</b><br>19.30–20.15           | <br><b>Cycling &amp; Workout</b><br>19.30–20.15 | <br><b>deepWORK meets Tabata</b><br>19.30–20.15  | <br><b>Yin Yoga</b><br>19.30–20.45             |   | <br><b>Zumba</b><br>19.25–20.15             | <br><b>Muscle Fire</b><br>19.30–20.20 |  | <br><b>Step</b><br>19.30–20.15                         |
| <br><b>Athletic Power</b><br>20.25–21.25              |  | <br><b>Muscle Fire</b><br>20.20–21.10             | <br><b>Strong by Zumba</b><br>20.20–21.20 |  |  |   |   | <br><b>Muscle Fire</b><br>20.20–21.10       | <br><b>Zumba</b><br>20.25–21.15       |  |   |

