



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30 – 11:00 Total Body Workout	09:30 – 10:30 Spinning		09.30-10.30 Spin-Cycle			
	10:35 – 11:35 Ges. Rücken					10:30 – 11:30 Fatburner Spinning
17:45 – 18:45 Fatburner Spinning	17:30 – 18:30 Zumba	18:00-19:00 BBP		17:45-18:30 Fatburner Step		
18:00 – 19:00 Fat -Attack	18:30 – 19:30 Bodyforming	19.00-20.00 Spin-Cycle	18:15-19:30 Bodystyling	18:30-19:30 Power Dumbell		
19:00 – 19:45 BBP	19:30 – 20:00 Fatburner Workout			19:30 – 20:30 Ges. Rücken		
19:45 – 21:00 Kickboxen		19:30 – 21:00 Kickboxen				

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