



Öffnungszeiten
 Mo – Fr: 06.00 – 24.00 Uhr
 Sa: 08.00 – 22.00 Uhr
 So: 08.00 – 20.00 Uhr

Zeit	Montag	Dienstag	Mittwoch Xrossfit	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.15 - 10.15		9.15 - 10.15 Rücken - Fit Sabine		-	-	-	9.15 - 10.15 Bauch-Beine-Po Maria	-
10.15 - 11.15		10.15 - 11.15 Allround -Fitness Sabine		-	-	-	10.15 - 11.15 Rücken - Fit Maria	10.30 - 11.30 Power Pump Mirka
11.15 - 12.00	-	-		-	-	-	-	11.30 - 12.00 Bauch-Beine-Po Mirka
-	-	-		-	-	-	-	-
17.00 - 18.00	-	-		-	17.00 - 18.00 Bodystyling Iris	17.00 - 18.00 Complete Body Lydia	-	-
18.00 - 19.00	18.00 - 19.00 Body - Shaping Erika	18:00-19:00 Hot Body Mehmet		18.00 - 19.00 Zumba Anfänger Thelma	18.00 - 19.00 Mindful Pilates Saphira	-	-	-
19.00 - 20.00	19.15 - 20.15 Iron Body Erika	19:00 - 20:00 Toso X Mehmet		19.00 - 20.00 Zumba Power Thelma	19.00 - 20.00 Bodyforming Pilates Saphira	-	-	-
20.00 - 20.30	-	20.00 - 20.30 Bauch pur Mehmet	19.30 - 20.15 Mehmet	-	-	-	-	-