

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
						10:50- 11.20 <b><u>Jumping</u></b> 11:30 -12:25
						<b>Strong by</b> <b>Zumba</b>
	17:00 – 17:55 <b>Bodyfit</b>			16:00 - 16:55 <b>Rückenfit/Blackroll</b>	11:00-12:00 <b>Boxen</b>	12:30 – 13:30 <b>Zumba</b>
	18:00 - 18:55 <b>Zumba</b>	17:30 - 18:25 <b>Dumbell Power</b>	17:30– 17:55 <b>Fatburner</b>	17:00 - 18:00 <b>Zumba</b>		
18:30 - 18:55 <b>Bauch X-Press</b>	19:00 - 19:55 <b>Dumbell Power</b>	18:30 - 19:25 <b>Circuit</b>	18:00 – 19:00 <b>Pilates/Blackroll</b>	18:00- 18:30 <b><u>Jumping</u></b>		
19:00 - 19:55 <b>Workout Mix</b>	20:00 – 20:30 <b>Bauch X-treme</b>	19:30 - 20:25 <b>Strong by Zumba</b>	19:15-20:30 <b>Boxen</b>	18.30- 19:00 <b><u>Jumping</u></b>		
20:00 - 21:00 <b>Boxen</b>	20:30 – 21:30 <b>TRX</b>	20:30 – 21:00 <b><u>Jumping</u></b>	20:30 - 21:30 <b>Boxen</b>			