

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag				
1	6:30 - 7:30 WOD	2	08:30 - 09:00 Bauch extrem	1	6:30 - 7:30 WOD	2	08:30 - 09:15 80`s Step	1	6:30 - 7:30 WOD	0	09:30 - 10:30 Outdoor			
1	7:30 - 8:30 Open Gym	2	09:30 - 10:30 Body Toning	1	7:30 - 8:30 Open Gym	3	09:30 - 10:30 Fit Mom II	1	7:30 - 8:30 Open Gym	1	10:30 - 11:30 WOD			
3	08:30 - 09:30 Yoga					3	10:45 - 11:45 Rücken Fit	2	08:30 - 09:30 Cycling	2	10:30 - 11:15 Funtional Training			
3	09:30 - 10:15 Fit Mom I	<div style="text-align: center;"> <p>Montag, Mittwoch und Freitag</p> <p>7:30 UHR</p> <p>Fitness Frühstück</p> <p><i>*vorherige Anmeldung</i></p> </div>								1	11:30 - 12:30 Intro Class			
2	10:30 - 11:30 80`s Step													
2	16:00 - 16:45 Kids					2	16:00 - 16:45 Kids			Sonntag				
1	17:00 - 18:00 WOD	2	17:00 - 17:45 Cycling			1	17:00 - 18:00 WOD	1	17:00 - 18:00 WOD		09:30 - 10:30 WOD			
1	18:00 - 19:00 Open Gym	1	18:00 - 19:00 WOD	2	18:00 - 18:50 Body Toning	1	18:00 - 19:00 Open Gym	1	17:00 - 18:00 Open Gym		10:30 - 11:30 Calisthenics			
2	18:00 - 18:30 Bauch extrem	1	19:00 - 20:00 WOD	1	18:00 - 19:00 Intro Class	2	18:15 - 18:45 Cycling (HIIT)	1	18:00 - 19:00 WOD		11:30 - 12:30 Calisthenics			
3	18:00 - 19:00 Yoga	2	19:00 - 20:00 Hot Iron	3	19:15 - 20:15 Yoga	1	19:00 - 20:00 WOD	2	18:00 - 18:50 Body Toning					
1	19:00 - 20:00 Intro WOD	2	20:00 - 21:00 Zumba	2	19:00 - 20:00 Selbst- verteidigung	2	19:00 - 20:00 Zumba	2	19:00 - 19:30 Kick Fit					
2	20:00 - 21:00 Selbst-			2	20:15 - 21:00 Kick Fit	2	20:00 - 21:00 Hot Iron	1	20:00 - 21:00 Funtional Training					
				1	20:00 - 21:00 WOD									



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